

THE  
Castell of Health,  
*corrected, and in some places  
Augmented by the first Author  
thereof, Sir Thomas Elyot  
Knight.*

AND NOW NEW-  
ly imprinted, in the  
Yeare of our  
Lord.

1587.

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THE PROHEME  
of Sir Thomas Eliot Knight,  
into his booke called the  
*Castell of Health.*



*Alen* the moste excellent  
Phisition feared, that in  
writing a compendious  
doctrine for the curing of  
sicknes, hee should loose  
all his labour, for as much  
as no man almost did en-  
deuour himselfe to the finding of truth, but  
that all men did so much esteeme riches, pos-  
sessions, authority, and pleasures, that  
they supposed them, which were studious  
in any part of Sapience, to bee mad or di-  
stracte of theyr wittes, for as much as they  
deemed the chiefe Sapience, which is in  
knowledge of thinges belonging as well to  
God as to man, to haue no being. Since this  
noble writer found that lacke in his tyme,  
when there flourished in sundry Countreyes  
a great multitude of men excellent in all  
kinds of learning, as it doth yet appeare by

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some of their workes, why should I bee grieued with reproches, wherewith some of my Countrey doe recompence mee, for my labours taken without hope of temporall reward, only for the feruent affection, which I haue euer borne toward the publique weale of my Countrey? A worthy matter, sayth one, Sir *Thomas Elyot* is become a Phisition, and writeth in Phisicke, which beseemeth not a Knight, he mought haue bene much better occupied. Truly if they will call him a Phisition, which is studious about the weale of his Countrey, I vouchsafe they so name me, for during my life, I will in that affection alway continue. And why, I pray you, should men haue in disdayne or small reputation the science of Phisicke? which being well vnderstood, truly experienced, and discretly ordered, doth conserue health, without the which all pleasures bee painfull, riches vnprofitable, company annoyance, strength turned to feeblenes, beauty to lothsomnesse, senses are dispersed, eloquence interrupted, remembraunce confounded, which hath bene considered of wise men, not only of the priuate estate, but also of Emperours, Kings, and

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and other great Princes, who for the vniuersall necessity, and incomparable vtility, which they perceyued to be in that science of Phisicke, they did not only aduance and honour it with speciall priuiledges, but also diuers and many of them were therin right studious, in so much as *Iuba* the King of *Mauritania* and *Lybia*, found out the vertuous qualities of the hearbe called *Euforbium*. *Gentius* King of *Illiria*, founde the vertues of *Gentian*. The hearbe *Lysimachia* tooke his name of King *Lysimachus*. *Mithridates* the great King of *Ponthus*, founde first the vertues of *Scordion*, and also inuented the famous medicine against poyson, called *Mithridate*. *Arthemisia* Queene of *Caria* found the vertues of *Motherwort*, which in latine beareth her name, whereby her noble renoume hath longer continued, than by the making of the famous Monument ouer her dead husband, called *Mausoleum*, although it were reckoned among the wonderfull workes of the worlde, and yet her name with the sayd hearbe still abideth, whiles the sayd Monument a thousand yeares passed, was vtterly dissolued.

It seemeth, that Phisicke in this Realme,

A iii.

hath



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hath beene well esteemed, since the whole study of *Salerne*, at the request of a King of *England*, wrote and set forth a compendious and profitable treatise, called the Gouvernaunce of Health, in latine *Regimen Sanitatis*: And I trust in almighty God, that our soueraigne lord the Kings maiesty, who daily prepareth to stablishe among vs true and vncorrupted doctrines, will shortly examine also this part of study, in such wise, as thinges apte for medicines, growing in this Realme, by conference with most noble authours may bee so knowen, that wee shall haue lesse neede of thinges brought out of farre Countryes, by the corruption whereof, innumerable people haue perished, without blame to bee giuen to the Phisitions, sauing only, that some of them bee not diligent enough in beholding their drugges or ingredients, at al times dispensed & tried.

Besides the sayd Kinges whom I haue rehersed, other honourable personages haue written in this most excellent doctrine, and not only of the speculatiue part, but also of the practise thereof, whose workes doe yet remayne vnto their glory immortall, as *Auicenna*, *Auenzoar*, *Rasis*, *Cornelius Celsus*, *Serapion*,

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renus, and which I should haue first named *Machaon*, and *Podalirius* noble Dukes in *Grecia*, which came to the siege of *Troy*, and brought with them xxx. great shippes with men of warre. This well considered, I take it for no shame to study that Science, or to set forth any boke of the same, being thereto prouoked by the most noble and vertuous example of my most noble maister, King *Henry* the viij. whose health I hartely pray God as long to preserue, as God hath constituted mans life to continue: for his highnes hath not disdayned to be the chiefe authour and setter forth of an Introduction into Grammer, for the childrē of his louing subjects, whereby hauing good maisters, they shall most easely and in short time apprehend the vnderstāding and fourme of speaking true and eloquent latine. O royall hart full of very nobility. O noble breast, setting forth vertuous doctrine, and laudable study.

But yet one thing much grieueth mee, that notwithstanding I haue euer honoured, and specially fauoured the reuerēd Colledge of approued Phisitions, yet some of them hearing me spoken of, haue sayd in derision, that although I were pretely scene in histo-

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ries, yet being not learned in Phisicke, I haue put in my booke diuers errours, in presuming to write of hearbes and medicines. First as concerning histories, as I haue planted them in my workes, being well vnderstood, they be not so light of importaunce, as they doe esteeme them, but may more surely cure mens affectiōs then diuers Phisitions doe cure maladies. Nor whan I wrotte first this booke, I was not all ignoraunt in phisicke. For before that I wast twenty years olde, a worshipfull Phisition, and one of the most renoumed at that time in England, perceiuing me by nature enclined to knowledge, red vnto me the workes of *Galen*, of temperaments, naturall faculties, the introduction of *Iohannicius*, with some of the *Aphorismes* of *Hipocrates*. And afterwarde by myne owne study, I read ouer in order the more part of the workes of *Hipocrates*, *Galen*, *Oribasius*, *Paulus Celsus*, *Alexander Trallianus*, *Celsus*, *Plinius*, the one and the other, with *Dioscorides*. Nor did I omit to reade the long Canons of *Anicenna*, the commentaries of *Auerrois*, the practises of *Isake*, *Haliabbas*, *Rasis*, *Mesue*, & also of the more part of them which were their aggregators and folowers.



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And although I haue neuer bene at *Mountpellier*, *Padua*, nor *Salerne*, yet haue I found something in *Phisicke*, whereby I haue taken no litle profite concerning mine owne health. Moreouer I wot not why *Phisitions* should bee angry with mee, since I wrote & did set forth the *Castle of Health* for their commodity, that the vncertayne tokens of vrines, and other excrements should not deceiue them, but that by the true information of the sicke man, by mee instructed, they might be the more sure to prepare medicines conuenient for the diseases.

Also to the intent that men obseruing a good order in diet, and preuēting the great causes of sicknes, they should of those maladies the sooner bee cured. But if *Phisitions* bee angry, that I haue written *Phisicke* in English, let them remēber that the *Greekes* wrotte in Greeke, the *Romaynes* in Latine, *Auicenna*, and the other in Arabike, which were their owne proper and maternall tounes. And if they had beene as much attached with enuy and couetise, as some now seeme to be, they would haue deuised some particuler language with a straunge cypher or fourme of letters, wherein they would  
haue

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haue written their science, which language or letters no man should haue knowen, that had not professed and practised Phisicke: but those, although they were Paynims & Iewes, yet in this part of charitye they far surmounted vs Christians, they that would not haue so necessary a knowledg as Phisick is, to be hid from them, which would be studious about it.

Finally God is my iudge, I write neither for glorie, rewarde, nor promotion, onely I desire men to deeme well mine intent, since I dare assure them, that all that I haue written in this booke, I haue gathered of most principall writers in Phisicke. Which being thoroughly studied, and remembered, shalbe profitable (I doubt not) vnto the reader, and nothing noyous to honest Phisitions, that do measure their studie, with moderate liuing and christen charity.

*Dei gratia*

*It must be remembred, that the number in the table doth signify the leaf, and the letter A, doth signify the first page or syde, the letter B, the second page or syde.*

<b>A</b>	
Annexed to things	
naturall.	Fol. 1. b
Ages	10. b. & 40. a
Ayre	1. b. & 12. a.
Apples	21. a
Almondes.	22. b
Anyse seed.	25. b
Ale.	36. b
Abstinence.	55. b
Affects of the mind.	64. a
Autumne.	39. b

<b>B</b>	
Bloud.	8. a
Beetes.	24. b
Byrdes.	30. a
Braine exceedinge in heate.	3. b
Braine exceedinge in cold	ibidem
Brain moist.	ibidem
Braine dry.	4. a
Braine hot & moist.	ibid.
Braine hot and dry.	ibid.
Brain cold and moist.	4. b
Brain cold and dry.	ibid.
Braine sicke.	81. b
Breast sicke.	82. a
Beefe.	29. a
Beanes,	25. b

Breakfast.	43. a
Bloudsuckers.	63. a
Bourage.	27. a
Bread.	28. b
Blacke bird.	30. b
Bustard	31. a
Bittour.	ibid.
Braine of beastes.	32. a
Butter.	33. a
Beere.	36. b
By vvhat tokens one may knowve vvheather the stomacke and head be hoat or colde.	36. b

<b>C</b>	
Considerations of things belonging to health.	1. a
Cóplexions of man.	2. a
Cholenick body.	2. b
Choller	8. b
Choler natural.	9. a
Choller vnnaturall.	ibid.
Colour.	11. a
Colour of inward causes	ibid.
Colour of outvvard causes.	ibidem.
Colour of vrines.	82. b
Colour of haire.	11. b
Causes	8



## The Table.

<b>Causes vwhereby the air</b>		<b>Deerered and falouue.</b>	
<b>is corrupted.</b>	12.a		29.b
<b>Customs.</b>	17.b	<b>Dates.</b>	20.a
<b>Commoditie happening</b>		<b>Ducke.</b>	31.a
<b>by moderate vse of the</b>		<b>Diuerſitie of meats.</b>	44.a
<b>qualities of meat.</b>	18.b.	<b>Digēstiuēs of choller.</b>	
<b>Cucumbers.</b>	19.b		59.b
<b>Cheries.</b>	21.a	<b>Digēstiuēs of ſleagme.</b>	
<b>Chestnuts</b>	22.b		60.a
<b>Capers.</b>	23.b	<b>Diet concerning ſundry</b>	
<b>Colewortes and cabba-</b>		<b>tymes of the yeare.</b>	
<b>ges.</b>	23.b		39.b
<b>Cycory.</b>	24.a	<b>Dominion of ſundry cō-</b>	
<b>Cheruilc.</b>	25.a	<b>plexions.</b>	70.b
<b>Carettes.</b>	26.a	<b>Diet of ſanguine perſons</b>	
<b>Conſiderations in abſti-</b>			72.b
<b>nence.</b>	55.a	<b>Diet of cholerik perſons.</b>	
<b>Cloues.</b>	28.b	<b>ibidem.</b>	68.a
<b>Conny.</b>	29.b	<b>Diet of ſcleumaticke per-</b>	
<b>Capons, hens, and chic-</b>		<b>ſons.</b>	65.a
<b>ken.</b>	30.a	<b>Diet of melancholike</b>	
<b>Crane.</b>	31.a	<b>perſons.</b>	68.a
<b>Cheete.</b>	33.a	<b>Diet of them vvhich be</b>	
<b>Cyder.</b>	36.b	<b>ready to fall into ſick</b>	
<b>Confortatiues of the</b>		<b>nes.</b>	79.a
<b>heart.</b>	69.a	<b>Diet in time of peſtilence</b>	
<b>Children.</b>	66.a		88.a.
<b>Counſailes againſt ingra-</b>		<b>Drinke betwēen meales</b>	
<b>titude.</b>	46.b		43.b.
<b>Chaunces of fortune.</b>		<b>Drinke at meales.</b>	46.a
	68.b.	<b>Digēſted.</b>	55.a
<b>Crudity.</b>	66.b	<b>Death of children.</b>	68.a
<b>Concoction.</b>	ibid.		
<b>D</b>		<b>E</b>	
<b>Diſtemperature hap-</b>		<b>ELementes.</b>	1.b
<b>pēning by exceſſe of</b>		<b>Earth</b>	ibid
<b>ſundryc qualities of</b>		<b>Endiue.</b>	24.b
<b>meates.</b>	18.a	<b>Egges.</b>	33.a
		<b>Exerc</b>	

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Exercise.	48.& 50.a	Gestation.	51.b
Euacuation.	54.b	H	
Excrementes.	ibidem.	Hart hoat distempe-	
F.		red	4.b
Fleumatick body.	2.b	Hart cold distēpered	
Fyre.	2.b		5.a
Fleame.	8.a	Hart moist distempered.	
Fleame naturall.	ibidem.	ibidem.	
Fleam vnnaturall	8.b	Hart dry distēpered.	ibi.
Fruites.	19.a	Heart hot & moist.	ibi.
Figges.	20.a	Heart hot and dry.	ibi.
Fenell.	25.b	Heart cold and moist.	ibi.
Fylberdes.	22.a	Heart cold and dry.	ibi.
Fleshe.	29.a	Heart sicke.	81.b
Fesant.	30.b	Humors.	8.a
Feete of beastes.	32.b	Humor superfluous.	55.a
Fish.	ibidem.	Hearbes vsed in pottage	
Fricasies or rubbinges.	(49.a)	or to eate.	22.b
G		Hare.	29.b
Genitories hot.	7.a	Hearon.	31.a
Genitories cold.	ib.	Heart of beastes.	32.a
Genitories moist.	ibi.	Head of beastes.	ibi.
Genitories dry.	ibidem.	Hastyll nuttes.	22.a
Genitories hot and		Hony.	17.b
moyst.	7.b (ibidem.	Homeroides or pyles.	
Genitories hot and dry.		36.b	(66.a
Genitories cold and		Heauinesse or sorrowe.	
moyst.	ibidem.	I	
Genetories cold and		I Sope	27.a
dry.	ibidem.	I loye.	70.a
Gourdes.	19.a	Ire.	64.a
Grapes.	20.b	Kidde.	29.b
Garlike.	26.b	L	
Ginger.	28.a	L	
Goose.	31.a	L	
Gytar of byrdes.	21.b	L	
Gluttony.	45.a	Luer in heat distem-	
		pered	6.a
		Lyage	

## The Table.

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Ordure.	55.2.	Quailes.	30.b.
<b>P</b>			
<b>P</b> Rincipall mebers.	9.b	<b>R</b> Aisons.	20.b
Partes similares.	ibid.	Rapes.	26.a
Povvers natural	10.a	Radish.	26.b
Povvers spirituall.	ibid.	Rokat.	27.b
Povvers animall.	ibid.	Rosemary.	ibidem.
Pepons.	19.b	Replerian.	53.b
Peaches.	21.a	Reumes, and remedies	
Peares.	22.a	therefore.	72.b
Pourflane.	25.a	<b>S</b>	
Perseley.	ibid.	<b>S</b> Anguine body	2.a
Purgers of choler.	59.b	Stomacke hoat.	6.b
Purgers of fleume.	60.b	Stomacke cold.	ibidem.
Purgers of melancholy.		Stomacke moyst.	ibidem.
ibidem.		Stomacke drie.	7.a
Preceptes of Diocles.		Spirite naturall.	10.b
85.a.		Spirite vital.	ibidem.
Pomegranates.	21.b	Spirite animall.	ibidem.
Prunes.	22.b	Stones of beastes.	32.a
Peason.	25.b.	Sorell.	25.a
Parneppes.	26.a	Sage.	27.a
Peniroial.	27.b	Stomacke in the vvhich	
Pepper.	28.a	meate is corrupted.	86.b
Partridge.	30.b.	Stomacke sicke	82.a
Plouer.	ibidem.	Sleepe and vvatch.	47.b
Pigeons.	31.a	Sauery.	17.b
Particular commodities		Saffron.	28.b
of euery purgation.	58.b	Svvyne fleshe.	29.a
Peculiar remedies of eue		Sparrovves.	30.b
ry humout.	72.a	Shouelar.	31.a
Purgations by siege.	57.	Supper.	43.b.
and 58.		Sugar.	38.a
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<b>Q</b> Vantiny of meat.	16.a	Syrope acrofe.	38.b
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17.a. & 18.b.		Summer.	39.a
		Sacrificing.	62.b
		Sicknesles	



## The Table.

Lyuere cold distempered.		Meates making fleume.	
ibidem.		ibidem.	
Liuere moyst distempered.		Meates ingendring me-	
ibidem.		lancholy.	14. a
Liuere drye distempered.		Meates hurting the	
ibidem.		teeth.	14. b
Liuere sicke.	81. b	Meates hurting the eyes.	
Letuise.	23. b	ibidem.	
Leekes.	27. a	Meates making oppila-	
Lambe.	29. a	tions.	15. 2
Larke.	30. b	Meates vvinedy.	ibidem.
Lyuers of byrdes and		Melons.	19. b
beastes.	31. b	Mc llars.	22. a
Lunges of beastes.	ibide	Mallowes.	24. b
Letting of bloud.	61. a	Mutton.	29. b
Leaches or bloud suckers		Moderation in diet.	41. b
63. a		Meales.	24. a
Loss of goodes	68. b	Maces.	28. b
Lacke of promotion.	ib.	Members of byrdes.	31. b
Lassitude.	77. b & 78. b.	Mylt or spleene.	32. a
		Marowve.	ibidem.
		Mylke.	35. b

### M

<b>M</b> elancholicke bodie.	
3. a	
Melancholy.	9. a
Melancholy natural.	ibi.
Melancholy vnnaturall.	
ibidem.	
Members instrumental.	9 b
Meat and drinke.	12. b
Meates makinge good	
iuiue.	ibidem.
Meates making ill iuiue.	
13. a	
Meates making thycke	
iuiue.	14. a
Meates making choler.	
13. b	

### N

Nutmegges.	38. b
Nauueves.	26. a

### O

<b>O</b> fficiall members.	Fol.
9. b	
Operations.	11. b
Olyues.	23. a
Orenges.	ibidem.
Onions.	26. b
Order in eating & drin-	
king.	41. b
Oppilations vvhether they	
are.	49. a
Obstruction or rupture.	
ibidem.	

### Olde

## The Table.

Sicknesles appropried to  
sundry searons and ages.

Fol. 79.a

Significations of sicknes

81.a

Substans of vrynes. 83.b

Spices. 28.a

**T**

**T**hinges naturall. 1.a

Thinges not naturall

ibidem,

Thinges against nature

ibidem.

Thinges good for the

head.

15.b

Thinges good for the

heart.

ibidem

Thinges good for the li-

uer.

ibidem

Thinges good for the

lunges.

ibidem.

Thinges good for the

eies.

16.a

Thinges good for the

stomacke.

ibi

Temperature of meates

17.b

Tarnyppes.

26.a

Thyme.

27.b

Tovvncresses.

ibidem

Trypes.

31.b

Tounge of beastes.

32.a

Time.

38.b & 39.b

Times in the day concer-

ning meales.

42.a

Times appropried to e-

uery humor.

71.b

**V**

**V**eale.

Fo. 29.b

Venison.

ibidem.

Vdder.

32.a

Vociferation.

25.b

Vomit.

56.b

Vines.

82.a

Vertue of meates.

87.a

**W**

**W**Yndes.

12.a

Walnattes.

22.a

Woodcoches.

31.a

Water.

1.b & 33.b

Wynter.

38.b

Wyne.

4.b

Way.

36.b

**Y**

Younge men.

36.b

*Thus endeth the Table.*

# The first Booke.



In the conseruation of the bo-  
dy of mankind, within the li-  
mitation of health, (which as  
Galen saith) is the state of the  
body, wherein wee be neither  
griued with pain, nor let from  
doing our necessary businesse,

both belong the diligent consideration of threes  
sorts of things, that is to say,

Things Naturall.  
Things not naturall, and  
Things against Nature.

Things Naturall be 7. in number,

{	Elements.	{	Powers.
	Complexions		Operations
	Humors.		Spirits.
	Members.		

These be necessary to the being of health, ac-  
cording to the order of their kinde, & be alwaies  
in the naturall body.

Things not naturall be 6. in number.

{	Aire.	{	Mouing and rest.
	Meats & drink		Emptines & repletion
	Sleep & watch.		Affects of the minde,

Things against nature be three.

{	Sicknesse.	{
	Cause of sicknesse.	
	Accident which followeth sicknesse.	



# The first Booke

*Annexed to things Naturall*

**Age, Colour, Figure, and diuersitie of kindes**

The elemented be those originall things vn-  
mixed and uncompound, of whose temperance  
and mixture, all other things hauing corporall  
substance, be compact. Of them be foure, that is  
to say,

Earth  
Water,  
Aire,  
Fire.

Earth is the most grosse and ponderous ele-  
ment, and of her proper nature is cold and drye.

Water is more subtile and light then earth,  
but in respect of Aire and Fire, it is grosse and  
heauie, and of her proper nature is cold & moist.

Aire is more light and subtile than the other  
two, & being not altered with any exterior cause,  
is properly hot and moist.

Fire is absolutely light and cleare, and is the  
clarifier of other elements, if they be viciat or out  
of their naturall temperance, and is properly  
hot and drye.

This is to be remembred, that none of the said  
elementes bee commonly seene or felt of mortall  
men, as they are in their originall beinge: but  
they which by our senses be perceiued, be corrup-  
ted with mutuall mixture, and be rather earthie  
watric, atrie, and fireie, than absolute earth,  
Water, aire, and fire.

# The first Booke.

2

## Of the Complexion of man.

### Cap. 11.

**C**omplexion is a combination of two diuers qualities of the foure elements in one body, as heat and drie of the fyre, heat and moiste of the aire, cold and moist of the water, cold & drie of the earth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities which abound in him, more than in the other, as hereafter ensueth.

The body, where heat and moisture haue so-uerainity, is called Sanguine, wherein the aire hath prebeminence, and it is perceived & known by these signes, which do follow.

**Sanguine,**

- Carnosity or fleshyneffe.
- The veines and arteries large.
- Haire plenty and red.
- The visage white and ruddy.
- Sleepe much.
- Dreames of bloudy things, or things pleasurable.
- Pulse great and full.
- Digestion perfect.
- Angry shortly.
- Siege, urine, & sweat abundant.
- Falling shortly into bleeding.
- The urine redde and grosse.

B ii.

Where

## The first Booke.

Where cold with moisture preuaileth, that body  
is called **fleumatike**, wherein water hath prehe-  
minence, and is perceived by these signes,

<b>Fleuma- like.</b>	Knees quauing and soft. Veines narrow. Haire much and plaine. Colour white. Sleepe superfluous. Dreames of things watris or fliche. Slownesse. Dulnesse in learning. Towardise. Pulse slow and little. Digestion weake. Spittle white, abundant, and thick Urine grosse, white and pale.
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**Cholerike**, is hote and drie, in whome the  
fire hath preheminence, and is discerned by these  
signes following.

<b>Chole- like.</b>	Leannes of body. Costifenesse. Haire black or dark, aburn, curled, Visage and skinne red as fire, or sa- lowe. Hote things noisfull to him. Lite sleepe. Dreames of fire, fighting, or anger. Wit sharpe and quicke. Hardie, and fighting. Pulse swift and strong. Urine high coloured and cleare. Noice sharpe.
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**Melan**



## The first Booke.

Melancholike is cold and drye, ouer whom the earth hath dominion, and is perceived by these signes.

Leannes with hardnes of skinne.  
Haire plaine and thinne. Cleanse.  
Coloure duskye, or white with  
Muche watch.  
Deames fearfull.  
Stiffe in opinion.  
Melancholike. Digestion slow and ill.  
Timorous and fearfull.  
Anger long continuing.  
Pulse little.  
Seldome laughing.  
Azile watery and thinne.

**B**Eldes the said complexions of al the whole body, there be the particular members: complexion, wherein if there be any distemperance, it bringeth sicknesse or griefe into the member: wherefore to knowe the distemperature, these signes following would be considered. Forseen that it be remembred, that some distemperatures be simple, and some be compound. They which be simple, be in simple qualities, as in heat, cold, moist, or drye.

They which be compound, are in compound or mixt qualities, as heat and moisture: heat and dryth: colde and moiste: colde and drye. But now first will we speake of the simple complexions of euery principall member, beginning at the braine.

## The first Botke.

The braine  
exceeding  
in heat  
hath,

The head and visage very red and  
hoate.

The haire growing fast, black and  
curled.

The veins in the eyes apparant.

Superfluous matter in the noses  
chillis open, and eares.

The head much annoied with hote  
Meates, Drunkes, and Sa-  
uours.

Sleepe short and not sound.

The braine  
exceeding  
in cold hath

Much superfluitie running out of  
the nose, mouth, eares & eyes.

Haire straight and fine, growing  
slowly and flaxen.

The head disposed by small occa-  
sion to poxes and murrins.

It is soone annoied with colde.

It is cold in touching.

Veines of the eyes not seene.

Sleepe somewhat.

Moist in ex-  
cessive hath.

Haire plaine.

Seldome or neuer balde.

Winter dull.

Much superfluities.

Sleepe much and deepe.

## The first Booke.

The braine  
dry hath.

No superfluitie running.

Wits good and ready.

Watchfull.

Haires blacke, hard, and fast  
growing.

Bald shortlie.

### Complexions compounded.

Brain hoat  
and moist  
distempe-  
red, hath,

The head aking and bequie.

Full of superfluities in the nose.

The Southerne wind gre-  
uous.

The Northern wind hole-  
some.

Sleepe deepe, but unquiet, with  
often wakings, and straunge  
dreames.

The senses and witte imper-  
fect.

Braine hoat  
and drie  
distempered  
hath.

No abundance of superfluitie  
which may be expelled.

Sences perfect.

Much watch.

Sooner bald then other.

Much haire in child hooer,  
and blacke or browne and  
curled.

The head hoate and ruddie.



## The first Booke.

The sence and taste dull.

Brain cold  
and moiste  
distempe.  
red hath

Much sleepe.  
The head soone replenished with  
superfluous moisture.

Distillations and poles, or  
murtres.

Not shortly bald.

Soone hurt with cold.

Braine cold  
and drye  
distempe.  
red hath

The head colde in feeling, & withs  
out colour.

The beines not appearing.

Soone hurt with cold.

Often disgraced.

Wit perfect in childhoode, but in  
age dull.

Aged shortly and bald.

## Of the Heart.

The heart  
hote distem  
pered hath,

Much blowing and puffing.

Pulse swift and burle.

Hardinesse and manhoode,

Much promptnesse, actiuety, and  
quickness in doing of things.

Fury and boldnesse.

The breast hairy toward the left

The breast broad & the head little

The body hoat, except the heart

do let it,

## The first Booke.

The pulse very little.

The breath little and slowe:

The breast narrowe.

The body all cold, except the liuer

The heart do enflame it.

cold distem- } Fearfulnesse.

pered hath } Scrupulosly and much care.

Curiositie.

Slownesse in actes.

The breast cleane without

haire.

The pulse soft.

The heart } Soone angry, and soone pas-  
moist distem- } sified.

pered hath } The body all moist, except the  
liuer disposeth contrary.

The pulse hard.

The heart } Not lightly angry, but being  
drie distem- } angry, not soone pacified.

pered hath } The body drie except the liuer  
doth dispose contrary.

The breast and stomach hairy.

Promptnes in actes.

Soone angry.

The hart hot } Fiercenes, but not so much as  
and moist } in hot and drye.

hath } Pulse soft, swift and busy.

Breath or wind according,  
shortly falleth into diseases  
caused of putrifaction.

The

## The first booke.

The hart hot  
and drye.

The hart pulse great and  
swift.

The breath of winds accordi  
ng.

The breast and stomacke all  
harry.

Quicke in his doings,

Boldnes and hardnes.

Swift, and hasty in mouing.

Soone stirred to anger, and ira  
cious in maners.

The breast broad, and all the  
bodis hot and drye.

The hart cold  
and moyst.

The pulse soft.

Fearful and timorous.

Slow.

The breast cleane without  
haire.

Not hastily angry, nor retaining  
anger.

The breast narrow.

All the body cold and moyst.

The hart cold  
and dry hath

The pulse hard and litle.

The wind moderate.  
Seldom angry, but when it hap  
peneth it dureth long.

The breast cleane without haire  
and litle,

All the body cold and drye.



## **The first booke.**

### **Of the Liuer.**

**The liuer in heate  
distempered hath** { **The veines great.**  
**The bloud moze hot then**  
**temperate.**  
**The belly happy.**  
**All the body hot exceeding**  
**temperate.**

**The liuer cold di-  
stempered hath** { **The veines great.**  
**Abundance of steame.**  
**The bloud cold.**  
**All the body cold in fee-  
ling.**  
**The belly without happye.**

**The liuer moyst  
distempered hath** { **The veines soft.**  
**Much bloud and thin.**  
**All the body moist in fee-  
ling, except the hart dis-  
spoleth it contrary.**

**The liuer drye di-  
stempered hath.** { **The veines hard.**  
**The bloud litle and  
thicke.**  
**All the body drye.**

**The complexions compound may be discer-  
ned by the sayd simple qualittes. And here is to  
bee noted, that the heate of the heart may ban-  
quish the colde of the liuer. For heate is in the  
heart, as in the fountayne of spring: and in the  
liuer, as in the river,**

## The first booke.

### Of the stomacke.

He digesteih wel, especially hard meates, and that will not bee shortly altered.

The stomack  
hot distem-  
pered.

Light meates and soone altered, be therein corrupted.

The appetite litle and slowe.

He deliteth in meates & drinkes which bee hot: for every naturall complexion deliteth in his semblable.

The stomack  
cold distem-  
pered.

He hath good appetite.

He digesteih ill and slowly, especially grosse meates and hard.

Cold meates do waxe slowe, being in him vndigested.

He deliteth in meates & drinkes, which be cold, and yet in them he is indamaged.

The stomack  
moist distem-  
pered.

Hee thirsteth but seldome, yet hee desireth to drinke, with superfluous drinke hee is hurt.

He deliteth in moist meates.

The stomack dry  
distempered

Hee is soonethirstie.

Content with a litle drinke.

Diseased with much drinke.

Hee delgeth in dry meates.

## The first booke.

7

It is to be noted, that the dispositions of the stomacke naturall, doe despye that which is of like qualities. The dispositions unnaturall, doe despye things of contrary qualities.

Also not the stomacke onely causeth a man to thirst, or not thirst, but also the liuer, the lunges, and the heart.

### Of the genitories or stones of generation.

The genitories hot distempered.	{	Great appetite to the act of generation.
		Engendring men children.
		Haye soone growne about the members.

The genitories cold distempered.	{	Small appetite to the act of generation.
		Engendring women children.
		Slow growth of haye about the members.

The genitories moist distempered.	{	Seede abundant, but thin and watry.

The genitories drie distempered.	{	Seede little, but meetly thick in substance.

Genitories hot and moist	{	Lesse appetyte to lechery than in them which be hot and drye.
		More puissance to doe it, and without lesse damage.
		Hurt by abstaining from it.
		Lesse hairnes than in hot & drye.
		The



## The first booke.

The seed thicke.

Much fruitfulness of generatiō.  
Great appetite and readines to  
the act.

The genito-  
ries hot and  
drie.

Hayze about the members soone  
growne.

Swiftnes in speeding of the act.

Soone therewith satisfied.

Damage by vsing therof.

The seede watry and thin.

Little desyre to the act, but more  
puissance then in them which  
be cold and drye.

The genito-  
ries cold and  
moist.

Little hate or none about the  
members.

Hayzes none or few.

Little appetite or none to lechery.

Little puissance to do it.

The genito-  
ries cold and  
drie.

Ingendring more females than  
men children.

That little seede is thicker than  
in cold and moist.

## Of humours.

**I**n the body of man bee 4 principall humours,  
which continuing in the proportion, that na-  
ture hath limited, the bodie is free from all  
sickness. Contrariwise by the increase diminu-  
tion of any of them in quantity or quality, ouer  
or vnder their naturall assignement, vnequall  
temperature cometh into the body, which sick-  
ness

## The first booke.

7

does foloweth more or lesse according to the lapse  
or decay of the tēperatures of the sayd humours,  
which be these following.

Bloud, Fleame, Choller, Melancholy.

Bloud hath preheminence ouer all other hu-  
mours in sustaining of all liuing creatures, for  
it hath more conformity with the original cause of  
liuing, by reason of temperatenes in heat & moys-  
sure, also nourisheth more the body, and resto-  
reth that which is decayed, being the very trea-  
sure of life, by losse whereof death immediately  
followeth. The distemperature of bloud hap-  
peneth by one of the other three humours, by the  
inordinate or superfluous mixture of them.

### Of Fleume.

Fleume is of two Naturall, and un-  
naturall.

Naturall fleume is humour cold and moist,  
white and sweete, or without tast, ingendred by  
insufficient decoction in the second digestion of  
the watry or rawe partes of the matter decocted,  
called chylus, by the last digestion made apt to  
be conuerted into bloud. In this humour, wa-  
ter hath dominion most principall.

Fleume unnaturall is that which is mixt with  
other humours, or is altered in his quality; and  
thereof is eight sundry kinds.

Wary

## The first boke.

Warry, which is found in specke of great drinkers, of them which digest it.

Slimy or rawe.

Glaspe like to white glasse, thicke.

Viscous lyke byrd lime and heavy Plastry which is very grosse, and as it were chalky, such is founde in the soynes of them which haue the gout.

**Fleumie.**

Salt that is mingled with choler.

Sower mixt with melacholy, that cometh of corrupt digestion.

Harsh, thicke and grosse, which is seldome found, which tasteth like greene crabbes or floss.

Stipticke or bynding is not so grosse nor cold, as harsh, & hath the tast lyke to greene red wine, or other like strapping the tong.

Choler doth participate with natural heate as long as it is in good temperance. And therof is also two kinde. Naturall, and unnaturall.

**Choler natural.**

Naturall choler is the some of bloud the colour whercof is red and cleere, or moze like to an orange colour, and it is hot and drye, wherein the fyre hath dominion: and is light and sharpe, and is engendred of the most subtil part of matter decoct or boyled in the stomack, whose beginning is in the liuer.

Anna;



## The first booke.

**Unnaturall choller** is that which is mixte of corrupted with other humors, whereof bee 4. kindes.

**Citrine** or yelow choller, which is the mixture of naturall choller, and watry fleume. and therefore hath lesse heate then other choller.

**Pelke** like the pelkes of egges, which is of the mixture of fleume congealed, and choller naturall and is yet lesse hoare then the other.

**Greene** like unto leekes, whose beginning is rather of the stomache then of the liuer.

**Greene** like to greene canker of mettall, and burneth like ventim, and is of exceeding aduision of choller or fleume, and by these two kindes nature is mortified.

**Melancholy** or blacke choller is deuided into two kindes.

**Natura'l** which is the drage of pure blood, is known by the blacknes when it issueth either downward or upward, and is verily cold or dry.

**Unnatural** which proceedeth of the aduision of cholericke mixture, and is hoaster and lighter, hauing in it violence to kill, with a dangerous disposition.

## Of the Members,

There be diuersities of members  
that is to say.

**The Spleene,** **The heart,**

**The liuer.** **The Gones of generatio**

**C.**

**Sinewes**

## The first booke.

**Officiall members.** { Synewes which doe serue to the  
byapne.  
Arteryes or pulles, which do serue  
to the heart.  
Veynes which do serue to the liuer.  
Vessels spermaticke, wherein mans  
seede lieth, which doe serue to the  
stones.

**Partes called Simula- res, for being deuided they remaine in them self like as they were,** { **Bones.**  
**Grissell.**  
Cales betwixt the  
termost skin & flesh  
**Muscles or fillets.**  
Fatte flesh.

**Members in- strumentall.** { **The stomacke.**  
**The rapnes.**  
**The bowels.**  
**All the great synewes.**

**These of their vertue do appetit meat & alter it.**

**Of povers.** { **Intmall.**  
**Spirituall.**  
**Naturall.**

**Naturall po- uer.** { **Which do minister.**  
**To whom is ministered.**

**VVhich doth minister.** { **Appeteth.**  
**Retayneth.**  
**Digesteth.**  
**Expelleth.**

To vvhom is  
ministr'd. } Ingendreth.  
Nourisheth.  
Feedeth.

Powver spi- } Working, which dilateth the hear  
rituall. } and arteries and aftsoones strep-  
neth them.

Wrought, whitch is stirred by an  
exterior cause to worke, whereof  
commeth anger, indignation, subs-  
tilly and care.

That which ordineth decerneth  
and composeth.

Powver ani- } That moueth by voluntarie mo-  
mall. } tion.

That which is called sensible,  
wherof do procede the v. wits.

Of that vvhich } Imagination in the forehead.  
ordayneth doe } Reason in the braine.  
proceede. } Remembraunce in the nobell.

Operations. } Appetite by heat and dryth.  
Digestion by heat & moysture  
Reteyning by cold and dryth.  
Expulsion by cold and moist.

Spirite is an aery substance, subtil, spring-  
the powers of the body, to perfourme their ope-  
rations, which is deuided into

Naturall, which taketh his beginning of  
the liuer, and by the veynes which haue no  
pulse, spreadeth into the whole body.



## The first booke.

Altrall which proceedeth from the hart, and by the arteries oz pulses is sent into the whole body.

Animall, which is ingendred in the brayne, and is sent by the senetues thzoughout the body, and maketh sence oz feeling.

### Annexed to thinges naturall.

Adolescentie to 15. yeares hoat & moist, in the which time the body groweth.

Ages, bc 4.

Iuuenture unto 21 yeares hoat & dry, wherein the body is in perfect growth.

Senectute unto 12. yeares, cold & dry, wherein the body beginneth to decrease.

Age decrepite until the next time of life, accidentally moist, but naturally cold and dry, wherein the powers and strength of the body be mozt and mozt minished.

### Coloure.

Of inward causes.

Of outward causes.

Colours of inward causes.

Of equality of humours, as he that is red and white.

Of inequality of humours, whereof do pzeceede blacke, fallow, pale, oz white anelp.

Blacke

## The first booke.

	Blacke.	doe betoken
	Redde.	dominion of
	Salow.	heate.
Colours of our ward causes.	White,	colde of fleume.
	Pale,	colde melancholy.
	Redde,	abundance of blood.
	Salow,	choller citrine.
	Black,	melancholy or choler adust
Colours of hayre.	Of colde or heat,	as Englishe men bee white, Moors bee blacke.
	Of things accidental,	as of fear, of anger, of sorrow, or other like motions.
	Blacke,	either of abundance of choller inflamed, or of much in- cending or adustion of blood.
	Redd hayre	of much heat, not adust.
	Gray hayre	of abundance of me- lancholy.
	White hayre	of the lacke of na- turall heate, and by occasion of fleume putrified.

All the residue concerning things natural con-  
tained in the Introduction of Joannitus, and  
in the little crafte of Galene, I purposely passe  
ouer for this time, for as much as it both re-  
quire a reader having some knowledge in phi-  
losophy natural, or els, it is hard and tedious to  
bee understood. Whoresuer this, which I have  
written in this first table, shalbe sufficient to the

## The first booke.

conseruation of health, I mean with that which now followeth in the other tables.

### The second table.

**T**hinges not naturall bee so called, because they be no position of a naturall body, as they be, which be called naturall thinges, but yet by the temperance of the, the body being in health, so consisteth: by the distemperance of them, sickness is induced, and the body dissolued.

The first of thinges not naturall, is ayre, which is properly of it selfe or of some materiall cause or occasion good or ill.

That which is of it selfe good, hath pure vapors and is odoriferous.

Also it is of it selfe, swift in alteration from heat and cold, wherein the body is not much prouoked to sweate for heate, ne to chille for vehemency of colde.

Ayre among all thinges not naturall is chiefly to be obserued, for as much as it doth inclose vs, and also enter into our bodies, specially the most notable member: which is the hart, and wee cannot be seperated one howe from it, for the necessity of breathing and fetching of winde.

The causes whereby the ayre is corrupted bee specially thre.

Influence of sondry starres.

Great standing waters neuer refreshed.

Carragh



Carrapne lying long aboute grounde.

Much people in small rounne lying vncleanly and stutishly.

VVind bringing  
holefome ayre.

North which prolongeth  
lyfe, by expulſing ill va-  
pours.

VVind bringing  
ill ayre.

East is temperate & luffe.  
South corrupteth and ma-  
keth ill vapours.  
West is very mutable,  
which nature both hate.

Meates and drincke.

In meate and drinke wee muſt conſider  
ſix thinges.

Subſtance,  
Quantitie,  
Qualitie,

Cuſtome:  
Tyme.  
Order.

Subſtance, ſome is good, which maketh good  
iuite and good bloud, ſome is ill and ingendreth  
ill iuite and ill bloud.

Meates and drincke making good iuite.

Bread of pure flower, of good wheate ſome-  
what leuened, wel baked, not to old, nor to ſtale.

Egges of ſeſantes, hennes, partriches, new  
laid, poched, meane betweene ere and harde.

Whylke new milked dronke faſting, whereto  
is ſugar or the leaues of mynts.

ſeſantes.

Cliff,

Partriches

## The first booke.

Partriches or chickens.

Capons or hennes.

Wydes of the fieldes.

Fish of stony rivers.

Meale sucking.

Doxe young.

Biefe not passyng thre yeres.

Pigeons.

Mentison of red bere.

Pease porage with mynts.

Feete of swyne or calues.

Figges rype.

Bourage.

Rapsons.

Languedebiefe.

Perstep, Mints.

Ryce with almond milke.

Lettice, Cicoz, Grapes.

Wines good moderately taken, well fined.

Ale and bere sixe dayes olde, cleane brewed and not strong.

Myth with gladnes.

The liuer and bapnes of hennes and chickens, and young geese.

Meates and drinckes making il iuyce.

Olde beefe, Olde mutton, Geese old:

Swan olde, Duckes of the kennell.

Inwardes of beastes, Blacke puddings.

The heart, liuer, and kidneys of all beastes.

The braines and mary of the blacke bone.

Wood culuers.

Shellshe, except creutle de eau dulce.

Cheese

## The first booke.

Cheese hard, Apples and peares much bled,  
figges and grapes not ripe.

All rawe herbes except lettice, borage & Cicory.

Onions, } } immoderately bled, specially  
Garlike, } } cholericke in stomackes.  
Leekes, }

Wine musty and sowre.

Feare, sorrow, and penituenes.

Meates ingendring choller.

Garlike, Onions, Rosh, Kerles, Leekes.

Mustard, Pepper, Honey, Wine much drunken,  
Sweete meates.

Meates ingendring fleume.

All stinky and cleauing meates, Cheese new.

All fishe, specially in a fleumaticke stomacke.

Inwardes of beastes, Lambes flesh,

The new partes of flesh, Skynnes,

Byatnes, Linges, Rapes, Cucumbers.

Repletion, Lacke of exercise.

Meates ingendring Melancholy.

Biese, Goats fleshe, Hares fleshe.

Boares fleshe, Salt fleshe, Salt fishe.

Colewortes, All pulsc except white peason.

Browne bread course, Thicke wine.

Blacke wine, Olde cheese, Olde fleshe.

Great fishes of the sea.

Meates making thicke iuice.

Rie bread musty, Bread without leauen.

Cake bread, Sea fishe great, Shell fishe.

Wise the kidneys, The liuer of a swyne.

The stones of beastes, Milke much sodden.

Rapes.



## The first booke.

Bapes, All round reotes.  
Cucumbers, Sweete wyne.  
Deepe red wine, Garlike.  
Mustard, Oxygentum.  
Hyssope, Bassill Fenell.  
Cheese.  
Egges fryed or hard.  
Cheese nuts.  
Pauwes, Figges green.  
Apples not ripe.  
Mupper.  
Kohar.  
Leekes.  
Onions.  
much used.

### Meetes vvhich doe hurt the teeth

Wery hott meates.  
Fruites.  
Sweete meates and drinckes.  
Radish rootes.  
Hard meates.  
Spilke.  
Winter meates.  
Much bonny.  
Leekes.  
Fishe fatte.  
Linnions.  
Colewortes.

Things hurtfull to the eyes.  
Drunkenesse.

Lecherie.

Muse.

All poulse.

Sweete wyne and thicke wyne.

Hempseede.

Uery salt meates.

Garlike.

Onions.

Colwortes.

Radishe.

Reading after supper immediately.

Making great opilation.

Thicke milke.

All sweete things.

Bre bread.

Sweete wines.

Meates inflating or vvyndy:

Beanes.

Lupines.

Cicer.

Wille.

Cucumbers.

All iuice of herbes.

Figs dry.

Rapes.

Peawes raw.

Shelke.

Hony not well clarified.

Mulle.

Things

## The first booke.

Things good for  
the head.

Cubebes.  
Calingale.  
Lignum aloes.  
Maiozam.  
Baulme mintes.  
Claden.  
Putmegges.  
Muske.  
Rosemary.  
Roses.  
Prong.  
Hyslope.  
Spyke,  
Camomill.  
Mellilote.  
Bewe.  
Frankinsence.

Things good for the  
heart.

Cynamome.  
Saffron.  
Copall.  
Cloues.  
Lignum aloes.  
Perles.  
Mactis.  
Baulme mintes.  
Myrabolanes.  
Muske,  
Putmegges.

Rosemary.

The bone of the heart  
of the red deere.

Maiozam.

Buglasse.

Bourage.

Sctwal.

Things good for the  
Liver.

Wormwood.

Withwinde.

Agrimony.

Saffron.

Cloues.

Endyue.

Liverwort, Cycore.

Plantayne.

Dragons.

Rapsons great.

Saunders.

Fenell.

Mollets.

Rosewater.

Lettice.

Things good for the  
Lunges.

Elcampane,

Hyslope.

Scabiose.

Licorise.

Rapsons.

Haydenhapp.

Pentidies.



## The first booke.

Peinidpes.	Organum.
Almondcs.	Distaces.
Dates.	Quinces.
Distaces.	Olibanum.
Things good for the eyes.	Waxemwood.
Eyebright.	Saffron.
fenell.	Cozall.
Ueruarne.	Agrimony.
Roses.	Sumatoy.
Celandine.	Galtingale.
Agrimony.	Cloues.
Cloues.	Lignum aloes.
Cold water.	Mastix.
Things good for the stomacke.	Ment.
Myrabolanec.	Spodium.
Nutmegges.	The innermost skynne.
	of a hennes gyfar.
	Coziander prepared

## THE SECOND BOOKE

### of quantity. Chap. 1.

**T**he quantity of meate must be portioned after the substance and quality thereof, and according to the complexion of him that eateth.

First it ought to be remembred, that meats hot and moist which are qualities of the bloud, are soone turned into bloud, and therfore much nourisheth the body. Some meates doe nourish but

## The second booke.

little, hauing little confirmitye with bloudde in  
theſe qualities. Of them which do nourish.  
Some are moze groſſe, ſome lighter in digeſtiō.  
The groſſe meate ingendzeth groſſe bloud, but  
where it is well concoct in the ſtomacke and wel  
digeſted, it maketh the fleſh moze ſturdy, and the  
officiall members moze ſtrong then ſyne meates.  
Wherefoze of men which uſe much labor oz ex-  
erciſe, alſo of them which haue very cholericke  
ſtomackes here in England, groſſe meates may  
be beaten in a great quantitie: and in a cholericke  
ſtomacke, bieſt is better digeſted then a chickens  
leg, for as much as in a hoate ſtomacke ſyne  
meates be moztly aduſt and corrupted. Contrar-  
ywiſe in a cold oz ſtunniſche ſtomacke groſſe  
meate abideth long vndigeſted, and maketh pu-  
trified matter: light meates therefore to ſuch a  
ſtomacke be moze apt and conuenient.

The temperate body is beſt nourished with a li-  
tle quantitie of groſſe meates, but of temperate  
meates in ſubſtance and quality they may ſafely  
eate a good quantitie. Forſeene alway that they  
eate without gourmandiſe, oz leaue without ap-  
petite, and here it wold be remembred, that the  
cholericke ſtomacke doth not deſire ſo much as  
he may digeſt, the melancholy ſtomacke may not  
digeſt ſo much as hee deſireth, for cold maketh  
appetite, but naturall heat concocteth oz boileth.  
Notwithſtanding vnnaturall oz ſupernaturall  
heate deſireth appetite and corrupteth digeſti-  
on, as it appeareth in feuers. Whoeuer ſitts a  
herbes, ſpecially raw wold be eaten in a ſmall  
quantitie,

quantity, although the person be very choleric, forasmuch as they do ingender thin watry blond apt to receiue putrification, which although it be not shortly perceived of him that bleth it, at length they feele it by sondry diseases which are long in coming, & shortly sleeth, or be hardly escaped. Finally excesse of meates is to be abhorred. For as it is sayd in the booke called Ecclesiasticus. In much meate shalbe sickness, & inordinate appetite shall approach vnto cholles. Semblably the quantity of drinke would be moderated, that it exceede not, nor bee equall vnto the quantity of meat, speciall wyne which moderately taken, arderth nature, and comforteth her, and as the sayd authoz of Ecclesiasticus saith. Wyne is a restoring to the soule & body. And Theophrastus sayth, in Galens worke. A large draught of wyne is ill, a moderate draught is not cuill, but commodious and profitable.

Of quality of meates. Chap. ii.

**Q**uality is the complexion, that is to say, it is the state thereof, as hoat, cold, moist, or dry. And some meates be in winter cold in act, and in vertue hoat.

And it would be considered, that euery complexion temperate and intemperate, is conserued in his state, by that which is like thereto in fourme and degree. But that which exceedeth much in disemperaunce, must bee reduced to his temperaunce, by that which is contrary to hym in fourme or qualiter, but like in degree moderately bleth. By fourme is vnderstoode grossnes, singu-



## The second booke.

ness, thickenes, or thinnes, by degree, as the first, the second, the third, the fourth in heate colde, moysture, or dryth,

### Of custome.

**C**ustome in feeding is not to bee contemned, or litle regarded: for those meates, to the which a man hath bene of long time accustomed, though they be not of substance commendable, yet do they sometime lesse harme then better meates, wherunto a man is not vsed: Also the meates & drinckes, which do much deprey him that eateth, are to be preferred before y<sup>e</sup> which is better, but more vnsauery. But if the custome be so pernicious, that it needes must be left, then would it be withdrawn by litle and litle in tyme of health, & not of sickness. For if it should bee withdrawn in tyme of sickness, nature should susteine treble detriment, first by the griefe induced by sickness, secondly by receiuing of medicines, thirdly by forbearing the thing wherein shee delecteth.

### Of the temperature of meates to bee receiued. Cap. 4.

**T**o kepe the body in good temper, to the whose naturall complexio is moist, ought to be geuen meates that be moist in vertue, or powre, contrarywise to them, whose naturall complexion is dry, ought to be geuen meates dry in vertue, or powre. To bodys vntemperate, such meates

or drinks, which be in power contrary to the difference, but the degrees are alway to bee considered as wel of the temperance of the body, as of the meats. For where the meats do much exceede in degree the temperature of the body, they annoy the body in causing distemperaunce. As hot wynes, pepper, garlike, onions, and salet, be noysfull to them which bee cholericke because they bee in the highest degree of heate and dryth about the iust temperance of mans body in that complexion. And yet bee they oftentimes hole- some them which be fleumaticke. Contrarywise cold water, cold herbes, and cold frutes, moderately b'ed, be hole some to cholericke bodies, by putting away the heate, exceeding the naturall temperature, and to them which be fleumaticke they be unhole some, and doe bring into them distemperaunce of cold and moist.

What distemperaunce happeneth by the  
excesse of sundry qualities in meats  
and drinks. Cap. 5.

Meats. { Cold, do congele and mortify.  
Hot do putrify and hasten age.  
Dry, sucketh by naturall moisture.  
Clamy stoppeth the issue of vapors & v-  
rine, & ingedreth rough flem & grauel.  
Fat and oyle swimmeth long in the  
Stomacke and bringeth in slothfulness.  
Bitter, doth not nourishe.  
Salt, do fret much the Stomacke.

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Hera

## The second booke.

Harreth like the tast of wyde frutes doe  
constipate and restrayne.

Sweete chaseth the bloud, and causeth o-  
pilation of stoppings of the poores,  
conduites of the body.

Cooler cooleth nature, & halleneth age.

*What commodity happeneth by the  
moderate vse of the sayd quality of  
meates and drinckes.*

### Cap. 6.

Cold asswageth the burning of cholick.

Moist humecteth that which is dryed.

Dry consumeth superfluous moisture.

Clammy thickeneth that which is subtil  
and pearcing.

**Meates.** Bitter clenseth and wipeth of, also mol-  
lifyeth and expelleth sleum.

Salt relenteth sleume clammy, and  
dryeth it.

Fat and vinctuous, nourisheth and ma-  
keth soluble.

Striptike or rough on the tongue bind-  
eth and comfozeth appetite.

Sweete both clese, dissolue, & nourish.



## Of fruites Chap. 7.

**F**or as much as before that tillage of corne was inuented, and that deuouring of fleshe and felle was of mankinde vsed, men vndoubtedly liued by fruites, and nature was therewith contented and satisfide, but by change of the diet of our progenitours, ther is caused to be in our bodie such alteration, from the nature, which was in man at the beginning, that now all fruites generally are noysful to man, and do ingender ill humours, and be oft times the cause of purrified feuers, if they be much & continually eaten. Notwithstanding vnto them, which haue abundance of choller, they be sometime conuenient to repressse the flume which proceedeth of choller. And some fruites which be astringe or binding to tast, rare before meales, do bynd the belly, but eaten after meales, they be rather laxatiue. Now shall it be expedient to write of some fruites particularly, declaring their noysful qualities in appearing of nature, and how they may bee vsed with least detryment.

## Of Gourds.

**G**ourds rawe be vnpleasante in eating, ill for the stomacke, and almost neuer digested, Galen de ac. therefore he that must needs eat them, must boile limen. 2. them, rost them, or fry them, euery way they bee without sauour or tast, & of theyr proper nature they geue to the body cold & moist nourishment, and that very litle, but by reason of the sleepynesse

D ii. nesse

## The second booke.

ness of theyr substance: and because all meates which be moyst of theyr nature, be not byndeng, they lightly passe forth by the belly. And being well ordered, they will bee meetely concoct, if corruption in the stomacke doe not prevent them: they be cold and moyst in the second degree.

### Of Melons and Pepons.

**M**elons and Pepons be almost of one kind, but that the Melon is round like an apple, and the innermost part thereof, where the seedes are conceyned, is vsed to be eaten. The Pepon is much greater, and somewhat long, and the inner part thereof is not to be eaten. They both are very cold and moyst, and do make ill iuice in the body, if they bee not well digested, but the Pepon much more then the Melon, they doe least hurt, if they be eaten afoze meales. Wher it if they doe finde in the stomacke fleum, they be turned into fleume, if they finde choller, they be turned into choller. Notwithstanding, there is in them the vertue to cleanse and to prouoke vyng: they be cold and moyst in the second degree.

### Cucumbers.

Galen de 2-  
limen, 2.

**C**ucumbers doe not exceede so much in moisture as Melons, & therefore they bee not so soone corrupted in the stomacke. But in some stomackes, being moderately vsed, they doe digest well, but if they bee abundantly eaten, or much

much vsed, they ingender colde and thicke humours in the veynes, which neuer or seldome is tourned into good bloud, and sometime bringeth in fevers. Also they abate carnal lust. The sides as well thereof, as of Melons and Gourds, being dried and made cleane from the huskes, are very medicinable agaynst sicknesses proceeding of heate, also the difficultie or lette in passing: they be colde and moist in the second degree.

## Dates.

**B**E hard to digest, therefore being much eaten and not well digested, they annoy the head, and cause gnawing in the stomacke, and maketh grosse tyme, and sometime cause obstructions, or stoppings in the liuer and spleene.

And where there is inflammation or hardnes in the body they are vnwholesome, but being well digested and temperately vsed, they nourish and make the flesh firme, and also bindeth the belly, olde dates bee hoate and drie in the first degree, new gathered are hoate & moist in the first degree.

## Of Figges.

**F**igges eaten doe shortly passe out of the stomacke, and are soone distributed into all the partes of the body, and haue the power to cleanse specially grauell, being in the raynes of the backe: but they make no substantiall nourishment, but rather somewhat loose and wyndie, but by their quicke passage, the winde is soone dissolued. Therefore if they be vsed, they do least

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harma.



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harms of any fruites, or almost none. Dye figs and olde, are more hoate and moyste than newe gathered, but being much eaten they make yll bloud and iuyce, and as some do suppose, do ingender Lice: and also annoyeth the liuer and the spleene, if they be inflamed: but hauing the power to attenuate or make humours currante, they make the body soluble, & do cleanse the reins. Also being eaten before dinner with ginger or pepper, or powder of Time, or Penerolal: they profite much to them which haue opilations or harde congealed matter in the inner parts of the body, or haue distillations or retournes falling into the breast and stomack. New figges are hoat and moist, old figges are hoat in the first degree, and drye in the second.

### Of Grapes, and Raysons.

**G**rapes do not nourish so much as figges, but being ripe, they make not much ill iuyce in the body: albeit newly gathered they trouble the belly, & fillethe the stomacke with wynd, therefore if they be haged vp a while, ere they be eatē they are the lesse noysfull. Sweete grapes, are hottest, and do lose somewhat, and make a man thirsty. Sowre grapes are cold, and do also loose, but they are hard of digestion, and yet they doe not nourish. They which are in taste bitter or harryshe, be like to them that are sowre. Raysons doe make the stomacke firme and strong, and do prouoke appetite, and do comfort weak bodies:

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being eaten afoze meales, they be hote in the first degree, and moist in the second.

### Of Cherries.

**C**heries if they be swete, the do soone slippe down into the stomache, but if they be sowre or sharp, they be moze holesome, and do loose: if they be eaten fresh and newly gathered, they bee cold and moist in the first degree.

### Of Peaches.

**P**eaches doe lesse harme, and doe make better iulce in the body, for they are not so soone corrupted being eaten: of the iulce of them may be made a syrope very holesom agaynst the dissemperance of choller, wherof proceedeth a stinking breath, they be cold in the first degree, and moist in the second.

### Of Apples.

**A**ll apples eaten soone after they be gathered, are cold, hard to digest, and do make ill and corrupted bloud, but being wel kept until the next winter, or the year following, eat after meales, they are right holesome, & doe confirme the stomache, & make good digestion, specially if they be roasted or baked, most properly in a cholericke stomack: they are best preserved in hony, so that one touch not an other. The rough tasted apples are holesome, where the stomack is weake by dissemperance of heate or much moisture. The bitter apples, where the griefe is increased. The sowre

Ditt.

apples

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apples, where the matter is congealed or made thicke with heste: in disemperature of heat and dryth by drynking much wine, they haue bene found commodious being eaten at night going to bed, without drynking to them, they be colde and moyst in the first degree.

### Of Quinces.

**Q**uinces be cold and dry: eaten afoze meals they bynde and restrayne the stomack, that it may not digest well the meat, except that they be rolled or sodden, the coze taken out and mixed with honp claryfied, or sugar, then they cause good appetite, and pserueth the heade from drunkenness, taken after meate, it closeth and draweth the stomacke together, and helpeth it to digest, and mollifyeth the belly, if it be abundantly taken, they be cold in the first degree, and dry in the beginning of the second.

### Of Pomegranates.

**P**omegranates be of good iuice, and profitable to the stomack, specially they which are sweete: but in a hoat fener, they that are sowre bee more expedient and holesome, for than the sweete both incende heate, and pusse by the stomacke.

### Of Peares.

Peares



**P**ears are much of the nature of apples, but they are bearter: but taken after meales roasted or baken, they are not vnholesome, and doe restrayne and knyt the stomacke being ripe: they be colde and moist in the fyrst degree.

## Medlars.

**M**edlars are colde and dry, and constrictiue of straying the stomacke, and therefore they may be eaten after meales, as a Medicine, but not vsed as meate, for they ingender melancholy: they be colde and drye in the seconde degree.

## V Walnottes.

**V**Walnottes, if they bee blanched, are supposed to bee good for the stomacke, and somewhat loosning the belly mixt with Sugar, they doe nourish temperately. Of two dry nuts is many legges, and xx. leaues of Kew, with a grain of salt, is made a medicine whereof if one do eate fasting, nothing which is venemous may that day hurt him, and it also preserveth against the pestilence, and this is the very right Withydate, they bee hoar and dry in the second degree, after some opinions hoar in the third degree, dry in the second.

## Filberd and halyll nuttes.

They be more strong in substance, then walnottes

## The second booke.

Buttes, whereof they are not so easely or soone digested. Also they do inflate the stomache, and cause headache, but they ingender fatte. And if they be roasted, they be good to restrayne reumes. Also eaten with pepper, they are good agaynst coliments of the belly, and the stopping of vyne. They be hot and drye in the first degree.

### Of Almondes.

They do exenuat and cleanse without any binding, wherefore they purge the breast & lungs, specially bitter Almondes, also they do mollify the belly, prouoke sleepe, and causeth to pisse well. 5. or 6. of them eaten afore meate kepe a man from beinge dronke: they be hot and moist in the first degree.

### Of Chestnutes.

They beinge roasted vnder the embers, or boate ashes, doe nourish the body strongly, and eaten with honey fasting, do help a man of the cough.

### Of Prunes.

Of the garden & rype, do dispose a man to the soole, but they do bying no manner of nourishment. For this fruite like as to figges this property remaineth, that beinge dyed they doe profit: the Damaske prune rather bindeith then looseith

looseth, and is more commodious unto the Stomack, they be cold and moyst in the third degree.

## Olyues.

**C**ondite in salt licour, taken at the beginning of a meale, doth corroborate the Stomacke, stireth appetite and looseth the belly being eaten with vinegar. They which be ripe are temperate hoat, they which be Greene are cold and dry.

## Of Capers

**T**hey nourish nothing after that they be salted: but yet they make the belly loose, & purgeth flume, which is therein coneyned. Also stireth appetite to meate and openeth the obstructions, or stopping of the liuer and spleene, being eaten with oxymel, before any other meate, they be hoat and dry in the second degree.

## Orenget.

**T**he ryndes taken in a litle quantity do comfort the Stomack wherein it digesteth, specially condite with suger, and taken fasting in small quantity. The iuice of Orenge hauing a tosse of bread put into it, with a litle powder of mynts, suger, and a litle cinamome maketh a very good sauce to prouoke appetite. The iuice eaten with suger in a hote fever, is not to be discommended. The rynde is hoate in the first degree, and dry in the second, the iuice of them is cold in the second degree, and dry in the first.

Herbes



## The second booke.

Herbes vsed in potage, or to eate. Chap. 3.

**G**enerally al herbes rawe, and not souden, do ingender cold and watry iuice, if they be eate customably or in abundance, albeit some herbes are more comestible, & lesse harme vnto nature, & moderately vsed, makerh incetely good bloud.

### Lettice.

**A**Mong all herbes none hath so good iuice as lettice, for some men doe suppose that it maketh abundance of bloud, albeit not very pure or perfitt: it doth set a hoat appetite: and eaten in the euening it promoteth sleepe: albeit, it nether doth loose, nor bind the belly of his own proper. It increaseth milke in a womans breast, but it abateth carnal appetyte, and much vnto her: of burthens the eyesight. It is colde and moyste temperately.

### Colewortes and Cabages.

**B**Efore that auarice caused Marchauntes to stretch out of the East and South partes of the worlde, the traffike of spice, and sondrye drugges to content the vnsatiablenesse of wanton appetytes. Colewortes for the vertues supposed to bee in them were of such estimation, that they were iudged to be a sufficient medicine agaynst all diseases, as it may appeare in the booke of wyse CAT O wherein hee writeth of  
huz-

husbandry. But now I will no more remember, than shall be required, in that which shall be used as meate, and not pure Medicine. The iuyce therof hath vertue to purge: The whole leaues being halfe sodden, and the water powzed out, and they being put esilones into hote water, and sodden untill they bee tender, so eaten they doe benede the belly. Some do suppose if they be eaten rawe with vineger before meate, it shall perserue the stomacke from surfeiting, and the head from drunkenness: al be it, much vsing of them dullerth the sight, except the eyes bee very moist. Finally the iuyce that it maketh in the body, is not so commendable, as that which is ingendred of lettuce. It is hot in the first degree, and dry in the second.

### Of Cycory or Suckory.

**I**t is like in operation to Lettise, and tempereth choller wonderfully, and therefore in all cholericke feuers, the decoction of this herbe, or the water therof stilled, is right expedient. Semblably the herbe and roote boyled with flesh that is fresh, being eaten, keepeth the stomacke and head in very good temper. I suppose that Southwille and Dentidellion be of like qualities, but not so conuenient to bee used of them which are hole, because they are wyld of nature and more bitter, and therefore causeth fastidiousnesse or lothsomnesse of the stomacke. It is cold and dry in the second degree.

Endiue

## The second booke.

### Endiue and Scariole.

**B**E much like in their operations to Cicory, but they are more conuenient to medicine the to meate. Albeit Scariole called white Endiue, hauing the toppes of the leaues turned in, and layed in the earth, at the latter end of sommer, & couered, becommeth white and cryspe, like to the great stalkes of cabbage lettrice, which are in winter taken vp & eaten. And to them that haue hoate stomackes and dys, they be right holcsume, but being to much vsed or in very great quantity, they ingender the humoz which maketh the chollicke, they be cold and moist in the first degree.

### Malloves.

Galen de 2-  
lumen. 2.

**A**Re not colde in operation, but rather somewhat warme, and haue in them a slippenes. Wherefore being boyled & moderately eaten with oyle and vineger, they make metely good concoction in the stomack, and causeth the superfluous matter therein easely to passe, and cleareth the belly. It is hoate and moist in the first degree.

### White beetes.

**A**Re also absteriue and looseth the brile, but much eaten annoyeth the stomacke, but they are right good against obstructions or stopping of the liuer, if they be eaten w<sup>th</sup> vineger or mustorde, y<sup>k</sup>ewise it helpeth the Splene. It is colde in the first degree, and moyt in the second.

Purslane



## The second booke.

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### Purslane.

Doth mitigate the greates heate in all the warme partes of the body, semblably of the heade and eyes, also it represseth the rage of Ulcers, but if it be preserved in salte or hyne, it heateth and poureth the stomacke. It is colde in the third degree, and moyst in the second.

### Charuayle.

Is very profitable unto the stomacke, but it may not suffice very much boyling, eaten with vinegar, it prouoketh appetite, and also hyne. The decoction thereof drunke with wine cleanseth the bladder.

### Sorrell.

Being sodden it loseth the belly. In a time of pestilence, if one being fasting, do chewe some of the leaues, and sucke down the iuyce, it marvellously preserveth from infections, as a new protestar called Guainerius doth write. And I my selfe haue proued it in my householde.

The seedes therof brayed and drunke with wine and water, is very holsonie against the collicke and fretting of the guttes: it stoppeth fluxes, and helpeth the stomacke annoyed with repletion. It is cold in the third degree and dry in the second.

### Persley.

Is very conuenient to the stomacke, and to increase appetite, and maketh the breath sweete, the seedes and root maketh hyne so passe well: and breaketh the stone, dissoluth wyndes: the rootes boyled in water, and therof eximel being

## The second booke.

made, it dissolueth fleume, and maketh good digestion. It is hoat and dry in the thyrde degree.

Fenell.

Being eaten the seede or roote maketh abundance of mylke, lykewise drunke with Pistane or ale. The seede somewhat restraneth flux, prouoketh to pisse, and mitrigatech frettinges of the stomacke and guttes, specially the decoction of the roote, if the matter, causing fretting, bee cold, but if it be of a hoat cause, the vse therof is dangerous for inflammation or exulceration of the raynes or bladder. It is hoat in the thyrde degree, and dry in the first.

Galen simpliciter.  
de medicamen-  
tis. li. 3. ca. 7.

Anysc seede.

Maketh sweete breath, prouoketh vyryne, and dryueth downe thynges cleaupng to the raynes or bladder, stirreth vp courage, and conseth abundance of mylke. It is hoat and dry in the thyrde degree.

Beanes.

They make wynd, how so euer they be ordered: the substance which they do make is spongy, and not firme, all bee it they be absteriue, or cleansing the body, they tary long ere they be digested, & make grasse iuyce in the body: but if othions be sodden with them, they be lesse noyfull.

Peason.

Are much of the nature of beanes, but they be lesse windy, and passeth faster out of the body, they bee also absteriue, or cleansing, specially white Peason, and they also cause meetely good

new

nourishing the huskes taken away. And the  
broth wherein they be sodden, cleanseth right well  
the raynes and bladder.

Rape rootes, and Naueues. Cap. 9.

The iuice made by them is very grosse, & there-  
fore being much eatē, if they be not perfectly co-  
cok in the stomacke, they do make crude or raw  
iuice in the veynes. Also if they be not well boy-  
led, they cause windes, and annoy the stomacke,  
and make sometyme scurringes: if they bee well  
boyled first in cleane water, and that being cast  
away, the second time with fat fleshy, they nou-  
rish much, and do neither loose nor bind the bel-  
ly. But naueues doe not nourishe so much as  
Rapes, but they be euen as windy.

Turnepes.

Being well boyled in water, and after with fatte  
fleshy, nourishesth much, augmenteth the seede of  
man, prouoketh carnall lust. Eaten rawe they  
stirre up appetite to eate, being temperately vsed,  
and be conuenient vnto them which haue purri-  
fied matter in their breastes or lunges, causing  
them to spitt easely, but bring much and often  
taken, they make raw iuice and windines.

Parsnepes and Carrets.

They do nourish with better iuice then the o-  
ther rootes, specially carrets, which are hoar-  
e, and expelleth wynde. Notwithstanding,  
if they be vsed they ingender ill iuice, but carretes

Gal. Simp.  
medica.  
lib. 7.



## The second booke.

lesse then parsnepes, the one and the other eye  
pellesh bygne. Radish rotes.

Haue the vertue to extenuate oz make thinne  
and also to warme. Also they cause to breake  
wind, and to pisse: Bring earen afoze meales:  
they let the meate that it may not discede, but  
beyng eaten last, they make good digestion and  
looseth the belly, though Galenus writte con-  
trary. For I among diuers other, by experience  
haue proued it. Forwithstanding they bee vn-  
holsome for them that haue continually the gout  
oz paine in the toynies.

Garlicke.

It doth extenuate and cut grosse humours,  
and spiny, dissolueth grosse wyndes, and heat-  
eth all the body, also openeth the places which  
are stopped generally where it is wel digested in  
the stomake: it is holsome to diuers purposes,  
specially in the body, wherein is grosse matter,  
oz much cold enclosed, if it be sodden vntill it  
looseth his tartnesse, it somewhat nourisheth, and  
yet looseth his property to extenuate grosse hu-  
mours, being sodden in milke it profiteth much  
agaynst distillations from the heate into the  
stomake.

Onions.

Do also extenuate, but the long onyons more  
then the round, the red more then the white: the  
dye more then they which be greene: also haue  
more then sodden, they stirre appetite to meate  
and put away lothsomenes, and loose the belly,  
they quicken sight, and being eaten in great ab-  
undance with meate, they cause one to desire

found it

Soundly.

Leekes.

Be of yll taste, and doe make troublous dreames, but they do extenuate and cleanse the body and also make it soluble, and prouoketh vyne. Moreover it causeth one to spitte out easily the flume which is in the breast.

Sauge.

It heateth, and somewhat bindeth, and therewith prouoketh vyne, the decoccon of the leaues and braunches bring bronke. Also it stoppeth bleeding of wounds, being laid vnto them. Moreover it hath bene proued that women, which haue bene long time without children, and haue bronke ten ounces of the iute of sauge, with a graine of salt, a quarter of an houre before that they haue copulated with their husbandes, haue conceiued at that time.

It is hoate and dry in the third degree, the using thereof is good against palfers.

Hoie.

Doth heat and extenuat, whereby it digesteth stumpy flume, being prepared with figges, it pourgeth flume downewards, with honye and water by vnd, boyled in buyeger it helpeth the tothache, if the teeth be washed therewith, it is hoat and dry in the third degree.

Bourage.

Comforteth the hart and maketh one merry, eaten raw before meate, or layd in wine that is bronke. Also it mollieth the belly and prepareth to the stoile. It is hoat and moist in the middle of the first degree.

Eli.

Sauery.

*Altho  
for  
conception  
in  
women*

## The second booke.

### Sauery.

**S**ourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh vyne, and stirreth carnall appetite. It is hot and dry in the thyrde degree.

### Rokat.

**H**eateth much, and increaseth the seeds of man, prouoketh courage, helpeth digestion, and somwhat loseth. It is hot and moist in the seconde degree.

### Time.

**D**issolueth windes, breaketh the stone, expelleth vyne, and ceaseth frettings. It is hot and dry in the thirde degree.

### Penitoyall.

**D**oth extenuat, heat, and decoct, it reformeth the stomache oppressed with fleume, it doth recomfort the faynt spirite, it expelleth melancholy by Uege, and is medicinable agaynst many diseases. It is hot and dry in the thirde degree.

### Tovvnecesses.

**P**aulus discommendeth, saying, that it resisteth concoction, and hurteth the stomache, and maketh ill tuice in the body; taken as medicine, it helpeth many diseases. It is hot and dry in the thirde degree.

### Rosemary.

**H**ath the vertue to heat, and therefore it dissolueth humours congealed with cold: it helpeth agaynst palseis, falling sicknes, olde diseases of the breast, tormentes of fretting, it prouoketh vyne & sweat: it helpeth the cough, taken with pepper and hony, it putteth away toothache, the roote being chewed, or the tuice thereof put into the



the tooth being burned, the fume thereof resisteth the pestilence: the rynd thereof sodden or burned, the fume receiued at the mouth, stoppeth the reume which fallerh out of the heade into the cheekes or throat, which I my self haue proued: the greene leaues brused, doe stoppe the Hemorrhoides, if they be layd vnto them. That herbe is hoat and drye in the thyrde degrec.

Spices growving out of this realme vsed in meate and drinke. Cap. 10.

Pepper.

**B**Lacke pepper is hottest, and most drye, white peper is next, long pepper is most temperate. The generall property of all kindes of pepper is to heat the body, but as Galen sayh, it percerh downward, and doth not spread into the veynes, it helpeth digestion, expulseth vyce, and it helpeth against the diseases of the brest, proceeding of cold. It is hoat in the first degree, and drye in the second.

Ginger.

Heateh the stomacke, and helpeth digestion, but it heateth not so soone as pepper: but afterward the heat remaineth longer, and causeth the mouth to be morr. Being greene or wel confectioned in syrope, it comforteth much the stomacke and head, and quickeneth remembraunce, if it be taken in the morning fasting. It is hoat in the second degree, and drye in the fyrst.

## The second booke.

### Saffron.

Somewhat bindeth, heateth and comforteth the stomacke, and the hart specially, and maketh good digestion, being eaten or drunke in a smal quantity. It is hot in the second degree, & dry in the first.

### Cloues.

hath vertue to comfort the sinewes, also to consume and dissolue superfluous humors.

**C**hey be hot and dry in the third degree, sodden with milke, it comforteth the debility of nature.

### Maces

Dioscorides commendeth to be dronke against spitting of bloud, and bleuddy fluxes, and excessive laces. Paulus Aegineta addeth to it, that it helpeth the colike. They be hot in the .1. degree and dry in the 3. degree. It is to the stomacke very commodious, taken in a litle quantity.

### Nutmegges.

With their sweete odour comfort and dissolue, and sometime comforteth the power of the sight, and also the braine in cold diseases, and is hot and dry in the second degree.

### Of bread. Cap. 11.

**B**read of fine flower of wheate, hauing no leauen, is slowe of digestion, and maketh stymy humours, but it nourisheth much: if it bee leauened, it digesteth sooner.

Bread hauing much branne, filleth the belly with excrementes, and nourisheth litle or nothing, but shortly descendeth from the stomacke. The meane betweene both, sufficiently leauened, will

well moulded, and moderately baken, is the most holosome to euery age. The greatest Loues doe nourish most faste, for as much as the fyre hath not exhausted the moysture of them. Hot breads slowly passeth. Barly bread clenseth the bodie, and doth not nourishe so much as wheat, and maketh colde iuyce in the body.

## Offlesh. Cap. 12.

**B**ese of England to Englishmen, which are in health, bringeth strong nourishing: but it maketh grosse bloud, and ingendzeth melancoly: but beyng of yong Oxen, not exceeding the age of foure yere, to them which haue cholerick Bos makes, it is more conuenient then chickens, and other like fine meates.

## Svynes flesh.

Above all kindes of flesh in nourishing the body, Galen most commendeth porke, not being of an olde swine, and that it be well digested of him that eateth it. For it maketh best iuyce, it is most conuient for yong persons, and them which haue sustayned much labour, and therewith are fatigate, and become weake. Young pigges are not commended, before that they bee one moneth olde, for they do breede much superfluous humours.

## Lambe.

Is very moyst and fleumaticke, wherefore it is not conuenient for aged men, except that it bee very dry rolled, nor yet for them, which haue in theyr stomakes much fleume.

E iiii,

Mutton



## The second booke.

### Mutton.

Galen de 2-  
simen. 2.

Galen doth not commend it, notwithstanding experience proueth here in this Realme, that if it be young, it is a right temperate meate, and maketh good iuice: and therefore it is vsed more then any other meate in all diseases. And yet it is not like good in al places, nor the shepe which beareth finest woll, is not the sweetest in eating, nor the most tender. But I haue found in some countreyes mutton, which in whiteness, tendernes and sweetenes of the fleshe, might be well nigh compared to kyd, and in digestion haue proued as hole some.

Kid and Veale.

Of Galen is commended next vnto pork, but some men do suppose, that in health and sickness they be much better then porke, the iuice of them both being more pure. And here it is to be noted, that of all beastes, which be dye of theyr nature, the yongest be most hole some: of them that are most, the eldest are least hurtfull.

Hippo. de  
ratione vi-  
tus. li. 2.

cap. 19.

Plin. 28.

Hare, Cony.

Maketh grosse bloud, it dyeth and stoppeth, but yet it prouoketh a mā to visse. Cony maketh better and more pure nourishment, and is sooner digested then hare. It is well proued, that there is no meate more hole some, or that more cleane firmly, and temperaty nourisheth then rabbits.

Deere red and fallowe.

Hippocrates affirmeth that fleshe, of harts and bindes to bee ill iuice, hard of digestion and dye, but yet moueth byrue. Of fallowe deere, he nor any other old wyter doth speake of, as I remember.

ber. I suppose, because there bee not in all the world, so many as be in England, where they consume a good part of the best pasture in the realme, and are in nothing profitable, saving that of the skinner of them is made better leather then is of Calves, the hunting of them being not so pleasant as the hunting of other venery or vermine, the flesh much more unwholesome and unpleasant then of a red deere, engendring melancholy, and making many fearful dreams, and disposeth the body to a fever: if it be much eaten: notwithstanding the fat therof (as some learned men haue supposed) is better to be digested then the leane.

## Of Birdes.

The flesh of all birdes is much lighter, than the flesh of beasts, in comparison most especially of those foules which trust most to their winges, and do breede in high countreys.

## Capon, hennes and chickens.

The capon is aboue all other foules praised: for as much as it is easily digested, and maketh little ordure, and much good nourishment. It is commodious to the breast and stomacke. Hennes in winter are almost equall vnto the capon: but they doe not make so strong nourishment. Auicenn sayth, if they be rosted in the belly of a kid or lambe, they will bee the better. Chickens in summer, specially if they be cockrels, are very conuenient for a weak stomacke, and nourisheth a little. The fleshe of a cocke is hard of digestion, but the broth, wherein it is boyled, looseth the belly, and hauing sodden in it coleworts

Polypos

## The second booke.

**Polypodium** or **Cartamus**; it purgeth all humours, and is medicinable agaynst gout, toincke ache, and fevers, which come by courses.

**Felaunt.**

Exceedeth all fowles in sweetenesse, and holmesnes, and is equall to a capon in nourishing: but he is somewhat dryer, and is of some men put in comparison, meane betwene a henne and a partriche.

**Partriche.**

Of all fowles is most soonest digested, and hath in him much nurymente, comforteth the brayne, and maketh seebe of generation, and retueth lust, which is abated.

**Quayles.**

Although they bee of some men commended, yet experience proueth them to encrease melancholy, and are of small nourishing.

**Larkes.**

Be as well the fleshe as the broth very holmesome: eaten roasted, they doe much helpe agaynst the colicke, as **Dioscorides** sayth.

**A Plouer.**

Is slow of digestion, nourisheth litle, increaseth melancholy.

**Blacke birdes or ousyls.**

Among wilde foule hath the chiefe prayse, for lightnes of digestion, and that they make good nourishment, and litle ordure.

**Sparrowes.**

Be hard to digest, and are very boate, and stirred by **Venus**, and specially the brayne of them.

V Wood-



V Voodcockes.

Are of a good temperaunce, and meetely light  
in digestion.

Pygeons.

Be easly digested, and are very holesome to  
them, which are sleumaticke, & pure melancholy.

Goose.

Is hard of digestion, but being pong and fat,  
the winges be easy to digest in a whole stomach,  
and nourisheth competently.

Ducke.

Is hotter then goose, and hard to digest, and  
maketh worse iuyce, saving the browes on the  
bread bone, and the necke, is better then the rem-  
nant.

Crane and Bustarde.

Crane is harde of digestion, and maketh t<sup>r</sup>  
iuyce, but being hanged vp long in the ayre he is  
the lesse vnholysome. Bustard being fat, and kept  
withou<sup>t</sup> meate a day or two afore that he be kil-  
led, to expulse his oyle, and then drawen, and  
hanged as the Crane is, being roasted or baken,  
is a good meate, and nourisheth wel, if he be wel  
digested.

Hearon, Byttour, Shouelar.

Being pong and fat, be lighelter digested then  
the Crane, & by Byttour sooner then the Hearon.  
And the Shouelar sooner then any of them, but al  
those fowles must bee eaten with much Ginger  
or Pepper, and haue good olde wine drunk after  
them, and so shall they be more easly digested,  
and the iuyce coming of them bee the lesse noy-  
full.

The

## The second booke.

The partes and members of byrdes and  
beastes. Cap. 13.

The wyngs, brawnes, and neck of geese, capons, hennes, fesaunt, partrich, & small byrdes being fat, are better then the legs in digestion, & lighter in nourishment. Of wildsoules & pigeons, being fat, the legges are better then the wynges, the brawnes, of duche, trale & wygeon except, which is better to digest then the residue.

The gysar or stomacke.

Of a goose or hen, being fat with bryanne and mylke, being well sodden or made in poulder, is good for the stomacke, in making it strong to digest, and nourisheth competently.

The liuer.

Of a Capon, hen, fesaunt, or goose being made fatte with milke mixte with theyr meate is not onely easy to digest, but also maketh good iuce, and nourisheth excellently. But the liuers of beastes be ill to digest, passeith slowly and maketh grosse bloud, but it is strong in nourishing.

The inward of beastes, as tripes and chitterlinges.

The flesh of them is more hard to digest: and therfore although they be wel digested, yet make they not iuce naturally sanguine or cleane, but raw iuce, and cold, and it requirerh a long time to be conuerted into bloud.

The lunges or lightes.

Are more easie to digest then the liuer, and lesse nourisheth, but the nourishment that it maketh,

Is fleumaticke. Albeit the lunges of a fox, is medicinable for them, which haue sickness of the lunges.

The Splene or Myle.

Is of ill iuice, for it is the chamber of melancoly.

The heart.

Is of hard flesh, and therefore is not soone digested, nor passeth shortly, but where he is well digested, the iuice that it maketh is not to bee dispayed.

The Brayne.

Is fleumaticke, of grosse iuice, slow in digesting, nopous to the stomacke, but where it is well digested, it nourisheth much.

Marow.

Is more delectable then the brayne, it is ill for the stomack, but where it is well digested, it nourisheth much.

The stones and Vdders.

Being well digested, do nourish much, but the Stone are hotter with their moistnes, the vdders cold and fleumaticke; they both do increase seede of generation, but the bloud made of the vdder, is better then that which cometh of the stones, except it be of calves and lambs. Also the stones of cockes, maketh commendable nourishment.

The heade.

The flesh thereof nourisheth much, and augmenteth seede, but it is slow of digestion, and nopous to the stomacke, but to them which vse much exercise, it is not commendable.

Tongue.

Is of a sponge and sanguine substance, but  
the



## The second booke.

the kernells and gristle which are in the rootes  
if they be well digested they make good nourish-  
ment, if they be not wel digested they make skum

### The seere.

Being well boyled and tender in a hole stom-  
mache, digesteth wel and maketh good iutce and  
passeth forth easily. Galen commenteth the seere  
of swine, but I haue proued, that the seere of a  
yong bulloke tenderly sodden and laide in sawse  
2. dates oz 5 and eaten cold in the evening haue  
brought a cholerick stomack into a good digesti-  
on and sleepe: and therewith hath also extilich  
salt skum and choller: and this haue I founde  
in my selfe by often experience, alway foreseene  
that it may be eaten before any other meat with-  
out drinking immediately after it.

### Of fishe generally Cap. 14.

**T**he best fish after the opinion of Galen is that  
which swimmeth in a pure sea and is tossed  
and lift by with winds and surges. The more  
caulme that the water is, the worse is the fishe.

They which are in muddy waters, do make  
much skum and ordure, taken in fennes and di-  
ches bee worst, being in riuers and swift, bee  
somewhat commendable: All be it generally all  
kinds of fish maketh more thinner blood then  
flesh, so that it doth much nourishe, and it doth  
the sooner passe over by vapours: to a hoar cho-  
lericke stomache, or in fevers, so manye they bee  
hollesome, being new, fresh, and not very harde

In substaunce, or stimp, hard fish is hard of digestion: but the nourishment therof is moze firme, then that which is soft: those which haue much grosse humours in them, are best powdred.

Of Butter. Chap. 15.

**B**utter is also nourishing, & profiteth in them which haue humours superfluous, in the breast or luyges, and lacketh reppring and cleansing of them, specially if it be eaten with sugar or hony. If it be well salted, it heateth & cleaseth the moze.

Of Cheese. Cap. 16.

**C**heese by the whole sentence of all auncient wyters, letteth digestion, & is enemy vnto the stomacke. Also it engendreth ill humours, & breedeth the stone: the cheese which doth least harnte is soft cheese reasonably salted, which some men do suppose, nourisheth much.

Of Eggs. Cap. 17.

**E**gges of fesautes, hennes, & Partriches be of all other meates most agreeable vnto nature, specially if they bee newe laide: if they bee deere, they do cleanse the throte & the breast. If they be harde, they be slowe in digestion: but being once digested, they do nourish much. Wheane be twene reere and hard, they digest conveniently, and nourish quickly. Egges well poched, are better then roasted. If they be fryed hard, they bee of ill nourishment, and do make stinking fumes in the stomacke, & do corrupt other meates, with whom they be mingled.

They bee most holisome, when they be poched,  
and

## The second booke.

and moist unholosome, when they be syped. Dioscorides sayth. If they be supped warine, before any other meate, they do heale the greefes of the bladder and raynes made with grauell. Also soyners of the cheekes and throte, and spitting of bloud: and they be good agaynst catarres of quilling out of the head into the stomacke.

Of drinckes, and first of vvater.

**V**ndoubtedly water hath p[re]therence aboue all other licours, not only because it is an element, that is to say, a pure matter, wherof all other licours haue thei[re] originall substance, but also for as much as it was the very naturall and first drinke to all manner of creatures.

Wherfore the saying of Pindarus the Poet was euer well allowed, which sayth, water is best. And one thing is to be well considered, that fro the creatio[n] of the world, vntill t[he] vniuersal deluge of fleud, during which time men liued. 8. or 9. hundred yeares there was none other drinke vsed nor knowne, but water. Also the true followers of Pythagoras doctrine, dranke onely water, and perliued, as Appollonius, & other: and in the searching out of secret and medicinall things, thei[re] wittes excelled. Moreover wee haue seene men and women of great age, and stronge of body, which neuer or very seldome dranke other drinke then pure water. As by example in Cornewall, although that the country bee in a very cold quarter, which proueth that if menne from their infancie were accustomed to none other



other drinke but to water only moderately vsed,  
it should be sufficient to kepe naturall moisture,  
and to cause the meate that is eaten, to perce and  
discend into the places of digestion, which are  
the purposes that drinke serueth for.

But now to the qualittes of water after the se-  
ntence of auncient philosophers and physicians.

The rayne water after the opinion of most men,  
if it bee receiued pure and cleane, is most subtil  
and penetratiue, of any other waters: the next is

that, which issueth out of a springe in the east, &  
passeth swiftly among great stones or rocks: the  
third is of a cleane riuer, which runneth on great  
hard stones or pebles. There be diuers meanes  
to try out which is the best water, for that which

is lightest in payse or weight, is best. Also that  
wherof commeth least skumme or froth when it  
booth boile, also that which will soonest be boate:

Wherofeuer dip liene clothes into sundry waters  
and after lay them to dry, & that which is soonest  
dry, the water wherein it was dipped is most sub-

til. After a great surfet, specially taken with su-  
perfluous eating of baqueting meats, cold water  
drunken is a general remedy. Hyppo. affirmeth & De ratio.

in sharp and seruent diseases, none other remedy ne victus  
is to bee required then water. And Galen will in mor. 2.  
not that children should be let from drinkeing of cutis. li. 3.

water, but that when they feeles themselves very  
hoate after meales, and do desire to drinke water,  
specially of a cleane fontaine they should be suf-

fered. also Hyppo. saith: in such sickness wherof  
you fearest, least the head should be vehemently  
f. greued

## The second booke.

grecued, or the mind perished, there must thou  
geue either water or white wine alayed w<sup>th</sup> much  
water. Notwithstanding there be in water cau-  
ses of diuers diseases, as of swelling of y<sup>e</sup> splene  
and the liuer, it also fluteth and swymmeth, and  
it is long or it perceeth, in as much as it is cold &  
slow in decoction, it looseth not the belly nor pro-  
uoketh vyne. Also in this it is vicious, that of  
his proper nature it maketh no ordure. Finallye  
alway respect must be had to y<sup>e</sup> person that drin-  
keth it, for to yong men and them that be hoat of  
complexion, it doth lesse harme, and sometime it  
proficeth, but to them that are feble, old, skumme-  
ticke, melancholy, it is not conuenient.

Of vyne. Cap. 19.

**P**Lato the wisest of all Philosophers, doth as-  
sume, that wyne moderately dronk, nourisheth  
and comforteth as wel al the body as the spirites  
of man. And therefore God didde ordaine it for  
man kinde, as a remedy against the incommodi-  
ties of age, that thereby they should sicke to re-  
turne vnto youth and forget heauines. And doubt-  
ly Wyne heateth, and moyseth the body, which  
qualities chiefly conserueth nature. And Galen  
of all wynes commendeth that which is yallowe  
and cleare, saying: that it is the hottest, and yet the  
wine least heat.

And the colour meane betwene both, of sembla-  
ble temperature. The yallowe wyne which is  
the proper colour of very hoat wyne, to olde  
men doth bring these commodities. First it heat-  
eth all theyr members, also it pougeth by vyne  
the

the watry substance of the bloud. Moreover, the wyne which bee pale or yelow, and full of substance doe increase bloud, and nourish the body, but for the more part, olde men haue neede of such wyne which do prouoke byrne: for as much as in them do abound watry excrements, or superflauities, and they which do tarry long in the belly be not apt for aged men. Black or depered wyndes and thicke, do bind and congele that which they do finde in the body, and althoughe some of them do not long abide in the bellie, yet they moue not byrne, but rather withdraueth: but yet they do harme to old men, forasmuch as they do stop the conduites of the spleen, the liuer and the raynes: also grosse wyne be best for the Galen de  
 which desire to be fat, but it maketh opilations: tuen. sani  
 old wyne & clere is better for them that be flau- lib. 1.  
 marke. Galen also prohibitteth children to drinke any wyne, for as much they be of a hoat & moist temperature, and so is wyne: and therefore it heateth and moysteth to much their bodies, and filleth theyr heads with vapours. Moreover he would, that yong men should drinke litle wyne, for it shall make them prone to fury, & leachery, & that part of the soule which is caled reasonable, it shall make troublous and dull: notwithstanding yet it is sometime profitable to mitigate or expel ordure made of choler or melancholy. Also it poynteth against dryth, which happeneth in the substance of the body, eyther by to much labour, or by the propre temperatur of age: for wine moisteth &  
 f ii.                      nourisheth



## The second booke.

Eccle. 31.

nourisheth that, which is to dry, also mittigateth and dissolueith the sharpenes of choller, and purgeth it also by vyne & sweate. Finally as Theognes sayth, much drinking of wine is ill, but moderate drinking of wyne is not onely not ill, but also commodious and profitable, which sentence is confirmed by Iesus Syrac, in the booke named Ecclesiasticus, saying: wyne moderately drunk reioyceth both the body and soule. Wherefore to conclude this chapter, there is neither meat nor drink, in the life whereof ought to bee a more discrete moderation, then in wyne, considering that being good and drunk in due time and measure, it not only conserueth natural & radical moisture, whereby life indureth, but also it helpeth the principall members which belong to digestion, to do their office: on the other part being yll or corrupt, or taken out of order & measure, it doth contrary to all the premisses, besides that it transfozmeth a man or woman, making them beastly. Whose of the qualities of wyne shall be touched hereafter in the order of dyet.

### Of milke. Cap. 20.

**M**ilke is compact of thre substances, creame, whey & cuzzes. The most excellent milke is of a woman, the milke of a cow is thickest, the milke of a camel is most subtil, & milke of a goat is betwene cow milke and camell milke. Ewes milke is betwene cow milke & asses milke. Also the milke of beastes feeding in large pastures, & out of Fennes & Marishes, is better then of them

which be fed in litle closes or in watry groundes. In spring time milke is most subtile, & milke of yong beastes is holisomer then of olde. To children, old men, and to them which be oppressed w<sup>th</sup> melancholy, or haue the flesh consumed with a fever, thicke milke is conuenient. And generally to all them which do not feelee the milke rise in their stomacks after that they haue eaten it, & in those persons it doth easly purge that, which is in the belly superfluous. And afterwarde it enureth into the veynes and bringeth good nourishment: whosoever hath an appetite to eate or drinke milke, to thintent that it shal not arse or abashe in the stomacke, let him put into a vessel, out of which he will receiue it, a fewe leaues of mint, suger, or pure honny, and into the vessell cause the beast to be milked, and so drinke it warme fro the bodie, or els let him do as Paulus Aegineta teacheth, that is to say, boyle first the mylke with an easly fyre, and seeth it after in hoater fyre, and skym it cleane, and with a sponge dipped in cold water, take the cleane away, which would bee burned to the vessel, then put the milke salt and suger and stir it often. Moreover milke taken to purge melancholy, would be drunk in the morning abundantly, new milked as is before written. And he that drinketh, shoulde abstayne from meat and exercise until the milke be digested, & haue somewhat poured the belly.

For which labour it becommeth sowre: and therefore it requireth reste and watch, or to walke very softlye. Finally where men and women

¶ iii.

be

Orbasius,  
de conuic-  
tione cibo-  
rum. lib. 3.

## The second booke.

be vsed from theyr chylldhood, for the more part, to mylke, and to eate none or litle other meat but mylke and butter, they appeare to be of good complexion and fashion of body, and not so much vexed with sickness as they which drinke wyne or ale, notwithstanding much vse of mylke in their sanguine or cholericke, doth ingender the Stone.

Of ale, biere, cider, & vvhay. Cap. 21.

**I** Can neither heare nor read, y ale is made and vsed for a common drinke in any other counter then Englands, Scotlands, Irelands, and Poles. The latine word Ceruisia is indifferent as well to ale as to biere. If the corne be good, the water hollesome and cleane, and the ale or biere wel and perfectly brewed and clenfed, and by the space of six dayes and more, settid & defecate, it must needs be a necessary & conuenient drinke as well in sickness as in health: considering the barley corne, wherof it is made, is commended & vsed in medecine in all partes of the world, and accepted to be of a singular efficacy in reducing the body into good temper, specially which is in distemperature of heate. For what auncient physician is there that in his workes commendeth not Pilsane which is none other but pure barley bzard in a mortar, & sodden in water, the same thing is in ale and cleane ale or biere, sauing that perchance the drying of the malte is cause of more dryth to be in the ale then in Pilsane. And the hoppes in bier maketh it colder in operation. But to say as I thinke. I suppose that neither

ale



ale nor bierre is to be compared to wyne, considering that in them do lack the heat and moisture which is in wyne. For that being moderately bled, is most like to the natural heat & moisture of mannes body. And also the licoure of ale or bier, being more grosse, do ingender more grosse vapours, and corrupt humours then wyne doth, being dronk in like excesse of quantyty.

As for Cider may not be good in any condittion, considering as I say, that all fruits do ingender all humours, & do cole to much natural heat; but to them which haue aboundance of red choller, moderately bled, it somewhat profiteth in mitigation of excessive heate. But who that will diligently mark in the countries wher Cider is bled for a common drinke, the men & women haue the colour of their visage palled, and the shyn of the visage riuerted, although that they be yonge.

Whay if it bee left of the butter, being well ordered, and not dronk until it haue a thick curd of milke ouer it, like to a her, is a right temperate drinke, for as much as by the vicuosity of the butter, wherof the whay retaineth some portion, it is both moyst & nourishing, & clenseth the best, and by the subtilnes of it selfe, it disceendeth soone from the stomacke, and is shortly digested. Also by reason of y<sup>e</sup> affinity which it hath with milke, it is conuerrible into bloud & flethe, specially in those persons, which do inhabit in the North partes, in whom naturall heat is congelate, and therfore is of more puissance & vertue in the office of concoction. Also custome frō childhood,

## The second booke.

hood, doth eleuate the power of meates & drinks in their disposition, notwithstanding that the humors, sanguin, choler, fluxum, and melancholy, must also be considered, as it shall appeare in diuers places heresafter.

Of hony. Chap. 22.

Plin. li. 22.

**H**ony as wel in meat as in drink, is of incomparable efficacy, for it not onely clenseth, altereth, and nourisheth, but also it long time preserveth that uncorrupted, which is put into it, in so much Pliny saith: such is the nature of hony, that it suffereth not the bodies to putrefie: and he affirmeth that he did see an Hippocentaure, which is a beest halfe man halfe a horse, brought in hony to Claudius the Emperour, out of Egypt to Rome. And hee telleth also of Pollio Romulus who was aboue a hundred yeares old, of whom Augustus the Emperour demaunded by what meanes hee liued so long, and retained still the vigour or liuelines of body and mind. Pollio answered that he did it inward w<sup>th</sup> meede, which is drink made with hony and water, outward with oyle. Which saying agreeth with the sentence of Democritus the great Philosopher, who being demaunded, how a mā might liue long in health, he answered, If he wete him within with hony, without with oyle. The same Philosopher when hee was an hundred yeares olde and nine, prolonged his life certaine daies with the euaporation of hony, as Aristoxinus wryteth. Of this excellent matter, most wonderfully wrought and gathered by a little Bee.

Isuel of the pure dew of heauen as of the most  
subtill humour of sweete and vertuous herbes &  
flowers, be made licours commodious to man-  
kinde, as Meade, Metheglin, & Oximel. Meade  
which is made with one parte of honny, and 4.  
times so much of pure water, and boyled untill  
nothing do remain, is much commended of Ga-  
len, drunke in somner for preserving of health.

The same author alway commendeth the using  
of honny, either raw eaten with fyne breade some-  
what leauened, or sodden, & receiued as drinke.  
Also Meade perfectly made, clenseth the breaste  
and lungs, causeth a man to spit easly and pisse  
abundantly, & purgeth the belly moderately. Me-  
theglin, which is most vsed in wales, by reason  
of heat hearbes boyled with honny, is hoater then  
Meade, and more comforteth a cold stomacke, if  
it be perfectly made, and not newe or very stale.  
Oximel, is where to one part of vinegar is put  
double so much of honny, 4. times as much of wa-  
ter, & then being boyled vnto the third part, and  
cleane skimmed with a feather, is vsed to be taken  
wherewith the stomacke is much sicke or matter  
vndigested, so that it be not red choler. Take the  
use thereof in Alexandro Tralliano. Many other  
good qualities of honny I omit to write of, vntill  
some other occasion shall happen to remember  
them particularly, where they shall seme to be  
profitable

Sugar. 23.

Of Sugar I do finde none auncient au-  
thor of Grekes and Latines to write by  
name, but onely Paulus Aegineta, who sayth  
in

Lib. 4. de  
ruenda sa-  
nitate.



## The second booke.

In this wyse, after that hee hath treated of hony.  
Moreouer sugar which they call hony, that is  
brought to vs from Arabia, called Felix, is not  
so sweete as our hony, but is equal in vertue, and  
doth not annoy the stomacke, nor easeth thirst.  
These bee the wordes of Paulus. It is now in  
daily experience, that sugar is a thing very tem-  
perat and nourishing, and where there is choller  
in the stomacke, or that the stomacke abhorreth  
hony, it may be vsed for hony in al things, where  
in hony is required to be. With sugar and vine-  
gar is made syrope acetose.

Of time. Cap. 24.

Winter

**I**n the consideration of time, for taking of mea-  
tes and drinkes, it is to bee remembred, that  
in wynter meates ought to be taken in greate ab-  
undance, and of a more grosse substance then  
in sommer, for as much as the exterior app which  
compasseth the body being cold, causeth the heat  
to withdraw into the inner partes, where being  
inclosed and gathered nigh together in the sto-  
macke and intailles, it is of more force to boyle  
and digest that which is receiued into it. Also  
meates rolled are then better then sodden, & fleshy  
& fish poudred, is then better then in sommer, herbes  
be not the commendable, specially rawe, neither  
fruites, except quinces rolled or baked: drinke  
should be then taken in litle quantity. Moreouer  
wines shal neede no water or very litle, & y to co-  
lericke persons: red wines, & they which be thicke  
& sweete, may be then most suerly taken of them  
which haue no opilation of the Vene: alway re-  
member

member that in winter fleum increaseth by reason of raine & moistures of the season, also the length of nightes and much rest. And therefore in that time cholericke persons are best at ease, semblably are young men, but to old men winter is enemy. It beginneth the viii. day of Nouember, and endureth vntill the viii. day of February.

Gal. in  
comment  
in apho.  
2. lib.3.

The Springe time doth participate the first parte with winter, the latter parte with Sommer. Wherefore if the first parte bee colde, then Gal the diet be according to winter. If the ende be hot, then shall the diet be of Sommer.

Spring  
tyme.  
Hypocra.  
de na-  
tura huma-  
na.

If both partes be temperate, then shoulde there be also a temperance in dyet: alway considering that fleume yet remaineth, and Bloude then increaseth. And meate would be lesse in quanty: tye then in winter, and drinke somewhat more. Springe time beginneth the viii. day of Febru- ary and continueth vnto the viii. daye of Maye.

Galen.com  
aph. 18. li. 1.  
Somer.

In Sommer the inward heat is but little, and the stomacke doth not digesse so strongly nor quickly, as in winter, wherefore in that season, eating often, and a little at once, is most conuenient. And Damascenus saith, & fasting in Sommer dyeteth the body, maketh the colour salowe, ingendreth melancholy, and hurteth the sight: also boyled meate, breade steeped in white broth, with sodden lettuce or cycorpe, are then good to bee vsed, also bartetie in meates, but not at one meale, potages made with cold hearbes, drinke in more abundance, wyne allayed with water to hot complexions much, to cold natures lesse.

Hipo. de  
humo-  
ribus.

In this season bloud encreaseth, and towarde

## The second booke.

Gal.in  
comment  
in apho.

the end thereof, choller. And therefore they, which be cold of nature, and moist are then best at ease, hot natures and dry worst: Moreover children, & very young men in the beginning of Sommer, are holdest, old folke in the latter end, and in Haruest. Sommer beginneth the 8. day of May, and continueth vntill the 8. day of August. Autumne beginneth the 8. day of August, & endeth the 8. day of nouember, that season of the yeare is variable, & the ayre chaungeable, by occasiō whereof happen sondry sicknesses, bloud decreaseth, & melancholy aboundeth: wherfore al former fructes would then be eschewed, for as much as they make ill iuice & winds in the body. In this time meat would bee more abundant then in Sommer, but somewhat dryer: drinke must be lesse in quantitie: but lesse mixt with water. This time is dangerous to al ages, al natures, and al countreies, but the natures hot and moist be least indamage.

Diet concerning sondry times of the yeare,  
vvritten by the old phisition Dioscles,  
to king Antigonus.

**F**rom the xii day of December, at the which time the day is at the shortest vntill the 9. day of March, which doe continue, lxxx. dayes, reumes and moistures do encrease, then meates and drinckes naturally very heat, would be moderately vsed. Also to drinke abundantly Wine without a laye or with little water, and to vse it belartry: the company of a woman is not vnhol- some to the body.

**F**rom the ninth day of March, at which time



## The second booke.

40

ryme in Equinoctium vernum vnto the xrb. day of Aprill, sweete fleume and bloud do increase: therfore vse thou things hauing much iuice and sharpe, excercise the body diligently, then may ye vse safely the company of a woman.

From the xx. day of Aprill, to the xliii. day of June, Chollicke increaseth, then vse all thinges that are sweete, and do make the bellye soluble, forbear carnall company with women.

From the xliii. day of June, at which time the day is at the longest, vnto the xii. day of September, doth melancoly rayne, forbear carnall company, or vse it moderately.

From the xii. day of September, vnto the xxii. day of October, do abound fleume and thin humours, then would all fluxes and distillations be prohibited, then all sharp meates and drinckes & of good iuice, are to be vsed, and carnal occupations should then be eschewed.

From the xxii. day of October, to the xii. day of December increaseth grosse fleume, vse therefore all bitter meates, sweete wines, fatte meate, and much exercise.

### Of Ages. Cap. 25.

**C**hildzen would be nourished with meates & drinckes, which are moderately hoat & moist, Galen de notwithstanding Galene doth prohibite the vse of wine, because it moisteth & heateth too much the body, and filleth the heades of them, which are hoat and moist with vapours. Also hee permitteeth them in hoat weather to drinck clear water of the fountaine.

A childe

## The second booke.

Orbasius  
de tute  
simp. l. i. i.

A childe growing fast in his members towarde a man, so that he seemeth well fedde in the body, is then to be feared of fulnes of humours, and if it be perceived that he is replete, then must be withdrawen and minished some part of that nutriment, and according vnto his age, some euacuation would be deuysed, otherwhile by exercise, walking by and downe fasting, and before that they eate any meate, let them exercise themselves with theyr owne laboures, and do their owne accustomed businesse, and eate the meates wherevnto they bee most bled, so that it bee such that may not hurt them. And thus neede they not to know of Phylitions, but by experience and diligent search by theyr hole, their nourishes shal perceive what digesteith well, and what doth not.

But if it appeare that by excessive feedinge the belly of the child, is fuller & greater then it was wont to be, and that which passeth by the belly is corrupted, or his sweate stinketh, these thinges knownen, if they eate strong meates, geue them not one kinde of meate, but diuers, that the nature of the meat may help, that they may go the more easily to the Cooke: For if any haue an vntreasonable appetite, he is sooner recovered, if hee be purged by a toile or impostume, comē forth & broken, before that the meat be corrupted, & after that let him eate fine meates, & being once whole returne by little and little to his olde custome.

Young men

Young men, exceeding the age of 14 yeares, shal eate meate more grosse of substance, colder and moyster, also Salades of colde herbes, and

to drinke seldome wyne, except it be allaide with water. Albeit, al these thinges must be tempered according to their Complexions, exercise, & quietnesse in liuing, whereof pee shall reade in their proper places hereafter. Old men, in whom naturall heat & strength seemeth to decay, shoulde vse alway meates, which are of qualitie hoat and moyst, and therewithall easy to be digested, and abstaine bitterly from al meates & drincks which will engender thicke iuice and slimy, semblably from wyne, which is thicke, sweete, and dark red wyne, and rather vse them which will make thinne humours, and will pouрге well the blood by drinke, therefore whyte or yelowre wyne, and perchaunce french claret wyne, are for the very commendable. Also wyne prepared with pure honny clarified, wherein rootes of persly, or fenel

Old men

Paul. Aegine. li. 1. cap. 23.

be steeped, special'y if they suspect any thing of the Stone, or gout. And if they moze desire to cleanse their raiues & bladder, the it is good to vse smal whitewine, as racked renish wine, or other like to it. And sometime to sleepe ouer night therein a persly roote set a somewhat brused, and a litle licorice. Finally, let them beware of all meates which will stop the poares, and make obstructions or Optilations, that is to say, with clammy matter stop the places where the naturall humours are brought and digested, the which meates I haue before set in a table. But if it chaunce the to eat any such meate in aboundaunce, lette them take shortly such thinges, as doe resist Optilations, or resolue them. As white pepper, brused and myxte

Optilations, what they are.



## The second booke.

mixte with their meates or drinckes, garlike also or onyons, if they abhorre them not. Alway remember that aged men should eate often, and but little at euery time, for it fareth by them, as it doth by a lampe, the light whereof is almost extincte, which by pouring in of oyle little and little is long kept bourniug: & with much oyle poured in at once, it is cleane put out. Also they must forbear all thinges which do ingender melancholy, whereof yee shall reade in the table before: and bread cleane without leauen, is not then wholesome.

Moderation in diet, hauing respect to the strength or yweakenes of the person. Ca. 26.

**N**ow heere it must be considered, & although I haue written a general diet for euery age, yet neuerthelesse it must be remembred, that some childre & yong men, eyther by debility of nature, or by some accidentall cause, as sickness or much study, happen to gather humours flegmaticke or melancholy in the places of digestion, so that concoction or digestion is as weak in them, as in those which are aged.

**S**emblably some old men fynde nature so benificiall vnto them, that their stomackes and livers are more stronge to digest then the said yong men: some perchance haue much choller remaining in them. In these cases the said yong men must vse the diet of olde men, or nigh vnto it, vntill the discreesse be remooued, hauing alway respect to their vniuersal complexions, as they

as they which are naturally cholericke to vse  
 heat things in a more temperance; then they  
 which be frumetick or melancholick by nature.  
 The same obseruation shalbe to old men, sa-  
 ying that age of his owne property is colde and  
 drye, therefore the old man that is cholerick, shal  
 haue more regard to moisture in meates then the  
 yong man being of the same complexion. For  
 scene alway that where nature is offended or  
 greued, she is cured by that, which is contrary  
 to that, which offendeth or greueth, as colde by  
 heate, heate by colde, dryth by moisture, moisture  
 by dryth. In that whereby nature should be nour-  
 ished in a whole & temperate body, things must  
 bee taken which are like to the mans nature in  
 quality and degree. As where one hath his body  
 in a good temper; things of the same tempe-  
 rance doth nourish hym: but where he is out of  
 temper, in heate, cold, moisture or dryth, tempe-  
 rate meates or drinckes nothinge do profite  
 hym. For being out of the meane and perfecte  
 temperature, nature requireth to be thereto re-  
 duced by contraries, remembryng not only, that  
 contraries are remedy vnto their contraries, but  
 also in euery contrary, consideration must be had  
 of the proportion in quantity.

Hippoc.  
 aphor.  
 Galen. in  
 commen.

Tymes in the day concerning  
 meales. Cap. 27.

**B**Esydes the tymes of the yeare, and ages,  
 there bee also other tymes of eatinge and  
 drincking to bee remembred, as the sondry  
 times

## The second booke.

times in the day, which wee call meales, which  
are in number and distance, accordinge to the  
temperature of the countrys and person. As  
where the country is cold, and the person lusty,  
and of a strong nature, there may more meales be  
used, or the lesse distance of time betweene them.  
Contrariwise in contrary countries and perso-  
nages, the cause is also reversed, where I haue  
spoken of the degree of the times of the yeare,  
notwithstanding, here must bee also considera-  
tion of exercise and rest, which do augmente or  
diminish the naturall disposition of bodys, as shal  
be more declared hereafter in the chapter of ex-  
ercise. But concerning the generall vsage of  
countrys, and admittinge the bodys to the  
perfecte state of healtie. I suppose that in  
England young men, vntill they come to the age  
of xl. yeres, may wel eate thre meales in one day,  
as at breakfast, dinner, and supper, so that be-  
tweene breakfast and dinner, bee the space of  
4. houres, at the least betweene dinner & supper,  
6. houres, & the breakfast lesse then the dinner, &  
the dinner moderate, that is to say, lesse then sa-  
tietie or fulnes of belly, and the drinke therunto  
measurable, according to the drynes or moistnes  
of the meate. For much aboundance of drinke  
at meale, drowneth the meate eaten, and not en-  
ly letteth conuenient concoction in the stomacke,  
but also causeth it to passe farther then nature re-  
quireth, and therefore engendreth much fluxe, &  
consequently reumes, and crudenes in the veins,  
debility and slippernes of the stomacke continu-  
fluxe,



fluxe, and many other inconueniences to the body  
 and members. But to returne to meales, I thinke  
 breakfastes necessary in this realme, as well for  
 causes before rehersed, as also for as much as  
 choler beyng feruent in the stomacke, sendeth by  
 fumosities into the bryne, & causeth headach, & breakfast  
 sometime becometh adust, & smauldreth in the sto-  
 macke, whereby hapneth perillous sickness, and  
 sometime sodayne death, if the heat inclosed in  
 the stomack haue not other conuenter matter to work  
 on: this dayly experience proueth, & natural rea-  
 son confirmeth, therfore men and women not a-  
 ged, hauing theyr stomackes cleane without pu-  
 trified matter, sleping moderately & soundly in the  
 night, and feeling themselves light in the morning  
 and iustly breathed, let them on Godes name  
 break theyr fast, cholerick men with grosse meat,  
 men of other complexion with lighter meat, fore-  
 seeinge that they labour somewhat before, sembla-  
 bly theyr dinner & supper, as I haue before writ-  
 ten, so that they sleepe not incontinent after their  
 meales: and here I will not reſſe the sentences  
 of authours, which had neuer experience of En-  
 glish mens natures, or of the iust tēperature of  
 this realme of Englād, only this counsaile of Hi-  
 pocrates shalbe sufficient. We ought to graunte  
 somewhat to time, to age, and to custome: not-  
 withstanding where greate warmenes or dyeth  
 greueth the body, there oughte the dinner to bee  
 lesse, & the longer distance betwene dinner, & sup-  
 per. Also much rest, except a litle soft walking, &  
 by an byright mouing, the meate beyng stirred  
 G ii. map

Hippoc.  
 hor. 18.  
 li. 1. Gal.  
 de ruenda  
 sanitate.

## The second booke.

may discend. This is alway to bee remembred, that where one feeleth himselfe full and greued with his dinner, or the sauour of his meate by cructation assenderth, or y his stomack is weak by late sickness or much Sudy, then it is most conuenient to abstayne from supper, and rather prouoke himselfe to sleepe much, then to eate or drinke any thinge. Also to drinke betwene meales is not lawdable, excepte very greates thyrst constraineth: for it interrupteth the office of the stomack in concoction, and causeth the meate to passe faster then it should do, and the drinke being colde, it rebuketh naturall heat that is working, and the meat remayning raw, it corrupteth digestion and maketh crudinesse in the veines. Wherefore hee that is thirsty, let him consider the occasion. If it bee of salte sicume, let hym walke saye and softly and only wash his mouth and his throte with barly water, or small ale, or lye downe and sleepe a litle, and so the thyrst will passe away or at the least be well allwaged.

If it happen by extreame heate of the ayre, or by a pure choler, or eating of hoat Spices, let him drinke a litle Iulep made with cleane water & sugar, or a litle small biere or ale, so that he drinke not a great glu, but in a litle quantity, let it fall down softly into his stomack as he sitteth, & then let him moue sodenly. If the thyrst be in y euening by eating to much, & drinking of wyne, then after the opinion of the most learned Physicians, and as I my selfe haue often experienced the best remedy is, if there be no feuer, to drinke  
a good

a good draught of colde water immediatly, or els if it be not paineful for him to vomit, to prouoke him thereto with a litle warme water, and after to wash his mouth with vinegar and water and sleepe long and soundly if he can.

And if in the morning he fele any fumosities rising, then to drinke Iulep of violetes, or for lacke thereof a good draught of very small ale, or bere somewhat warmed, without eating any thing after it.

Of diuersities of meates eaten, vvhetherby  
health is appayred. Cap. 28.

**N**ow let this be a generall rule, that sondry meates, being diuers in substance and quality, eaten all at one meale, is the greatest enemy to health that may be, and that ingendreth most sicknesses, for some meates being grosse & harde to digest, some fyne and easy to digest, do requyre diuers operations of nature, and diuers temperatures of the stomacke, that is to say, much heate and temperate heate, which may not be together at one time.

Therefore when the fine meat is sufficiently boyled in the stomacke, the grosse meate is raw, so both iulces, the one good and perfecte, the other grosse and crude, at one time digested, and sent into the veynes and body, nedes must health decay, and sicknesses be ingendred. Likewise in diuers meates being of diuers qualities, as where some are hot and moist, some cold & moist,

¶ iii.

some



## The second booke.

some hot and dry, some cold and dry, according thereto shal the iuice be diuers which they make in the body. And like as betweene the sayd qualities is contrariety, so thereby shal be in y<sup>e</sup> body an vnequall temperature, forasmuch as it is not possible for a man to esteeme so iust a proportion, of the qualities of that which hee receiveth, that the one shal not exceede the other in quantity.

Wherefore of the said vnequall mixture, needes must ensue corruption & consequently sickness, & therefore to a hole man, it were better to feede at one meale competently on very grosse meat only, so that it be sweete, and his nature do not abhor it, then on diuers fine meates of sundry substance and qualities. I haue knowne and seene olde men and olde women which catinge onely biese baken, chese, and curdes, haue continued in good health, whom I haue proved, that when they haue eaten sundry fyne meates at one meale, haue sone after felt themselves greued with frettings and headach, & after that they haue bene hole agayne, there hath bene geuen to them one kynde of light meate, they haue done as well therewith as they were wont to do with grosse meates, whē they ate it alone, which proueth to be true that which I haue reherced. And it is good reason, for after the generall opinion of Philosophers & Physicians, the nature of mankind is best content with thinges most simple and vnmixt, all thinges tending to vniue, wherein is the onely perfection. Also it is a generall rule of phisicke, that where a sickness maye bee cured with simples, that

that is to say, with one onely thing that is medice-  
nable, there should the Physicion geue no com-  
pound medecine myxt with many thinges.

These thinges considered, it may seme to al men  
that haue reason, what abuse is here in this  
realm in the continuall gourmandise & dailie sec-  
ding on sundry meates at one meale, the spirit of  
gluttony triumphing among vs, in his glorious  
chariot called welfare, dringng vs from him, as Gluttony  
his prisoners into his dungeon of surfet, where  
we are tormented wth catars, feuers, goutes, pleu-  
resses, fretting of the guttes, & many other sick-  
nesses, and finally put to death by them, often-  
times in youth, or in the most pleasaunt time of  
our life, when wee would most gladly liue, for  
the remedy whereof how many times haue there  
bene deuised ordinaunces and actes of counsaile,  
although perchaunce bodily health was not the  
chiefe occasion thereof, but rather prouision a-  
gainst baine & sumptuous expences of y mean peo-  
ple. For the nobility was exempted & had libertie  
to abyde still in the dungeon if they woulde, and  
to liue lesse while then other men. But when,  
where, and how long were the saide good dis-  
ses put in due execution, for all that, that thereof  
should succede double profite, that is to saye,  
health of body, & increase of substance, by sche-  
wing of superfluous expences in soundy dishes.  
Alas howe long will men fantastic lawes & good  
ordinaunces, and neuer determine them. Fantast-  
ic proceedeth of witte, determination of wise.  
Dome, witte is in the deuising and sprakinge,

¶ But

but

## The second booke.

but wisdoms is in the perſourmance, which reaſeth only in execution. Heare haue I almoſte forgotten, that my purpoſe was to write of þe order of dyet, and not of lawes: but the feruente loue that I haue to the publique weale of my countie, conſtrayned me to digreſſe ſomewhat from my matter, but nowe will I proceede forth to write of order which is taken of meates and drinkes is not the leaſt parte of dyet.

Of order of receiuing of meates,  
and drinke. Cap. 29.

**H**Erbes as well ſodden as vnſodden, alſo fruites which do mollifie and looſe the belly, ought to be eaten befoze any other meate, except that ſometime for the repreſſing of ſumouſtes tylling in the head by much drynkinge of wyne, raw lettuce, or a cold apple, or the iuice of Oranges or Lymons, may be taken after meales in a litle quantity.

Whoeouer all broathes, mylke, reere egges and meates which are purpoſely taken to make the belly ſoluble, would fyrſt be eaten. Al fruites and other meates that are ſtiptike or bynding, would be eaten laſt after all other. Fruitcs confectione ſpecially with hony, are not to be eaten with other meates. But here is to be diligently noted, that where the ſtomack is cholerick and ſtrong, groſſe meates would be fyrſt eaten, where the ſtomacke is colde or weake, there would be ſyne meates be fyrſt eaten: for in a hoſt ſtomacke ſine meates are bourned, while the groſſe meate is digeſting. Contrarywiſe in a colde ſtomacke, the  
little



little heate is suffocate with grosse meate, and the fine meate left rawe, for lacke of concoction, where if the fine meat be first taken moderately, it stirreth by and comforteth natural heate, and maketh it moze able to concoct grosse meats, if they be eaten afterwar<sup>e</sup> so that it be but in smal quantity, notwithstanding, as I late asseymed one manner of meate is most sure to currey complexion, forseeke that it be alway most commonly in conformity of qualittes with the person that eateth. Moreover take hede that supper meates be not first eaten, lest it drawe with it to hastily other meates, ere they be digested, nor that driptic or restraining meates, bee taken at the beginning, as quinces, peares, and medlers, lest they may let other meates that they discende not into the botome of the stomacke where they should be digested. notwithstanding the confection made to the iuyce of quinces, called Diacitonice taken two howers afore dinner or supper, is commended of Galen and other for restorring appetite & making good concoction. Also concerning drinke at meales, it would not be afore that somewhat were eaten, and at the beginning the drynke would be strongest, and so toward the end moze smale, if it be ale or bier, & if it bee wyne moze & moze allayed with water, & after the better opinion of phisitions, the drynke would rather be mixt with meate by sundry little draughtes, then with one greate draughte at the end of the meale, for the mixture tempereth wel the meate without annoyance, a great draught to much drinke drowneeth the meate,

Drinke at  
meales.

## The second booke.

meat, rebuketh naturall heate that then worketh  
in concoction, & with his wayght expueth downe  
the meate to basel. Most wyne and sweete, or  
confectioned with spices, or berpe strong ale, or  
bier, are not conuenient at meales, for the meat  
is by them rather corrupted then digested, and  
they make hoat and stinking vapours ascend by  
to the braines. Albeit if the stomacke bee very  
wyndy or so cold, and feeble that it cannot con-  
coct such a quantite of meate as is requyred to  
the sufficient nourishment of the bodye, of him  
eareth or hath eaten raw herbes or fruits, where-  
by he felth some annoyance, then may he drinke  
incontinent after his meale, a little quantite  
of secke, or good aqua vita in small ale, but if hee  
haue much choller in his stomacke, or a head full  
of vapors, it wer much better that he did neither  
drinke the one nor the other, but rather eate a litle  
cullander seabe prepared, or a piece of a quince  
rosted, or in marmelade, and after rest to amende  
the lacke of nature with sleepe, moderate exercise  
and plasters prouiding for comforting of the sto-  
macke. And here wil I leaue to wyte any more  
of the diete of eating and drinking, shewing that  
I woulde, that the readers shoulde haue in re-  
membraunce these 2 counsailes. First that to an  
hole man, to practise a rule is not conuenient in  
diete, and that the diseases, which do happen by  
to much abstinence, are worse to bee cured, then  
they which come by repletion. And Cornelius  
Celsus sayth, a man that is hole and well at ease,  
and at his liberty, oughte not to bynde himselfe

to rules or neede a phisition: but yet where the stomacke is feble, as is of more part of the Cittizens, and we might all they that bee studious in learning or waighty affayres, there ought to bee more circumspection, that the meate may be such as that either in qualitt or quantitt, nature bearing but feble, be not rebuked or to much oppressed.

Of sleepe and vvatch. 30.

**T**he commoditt of moderate sleepe appeareth by this, that naturall heate which is occupied about that matter, whereof procedeth nourishment, is comforted in the places of digestion, & so digestion is made better or more persute by sleepe, the body fatter, the mynde more quiet and clere, the humours temperate, and by much watch all thinges happen contrary.

The moderation of sleepe must bee measured by health and sicknesse, by age, by tyme, by emptines or fulnes of the body, and by naturall complexions. Next to a hole man, hauing no debilitie of nature, and digesting perfectly the meate that he eateth, a little sleepe is sufficiente, but to them which haue weake stomacks, and so digest slowly, it requirith & sleepe be much longer, semblable temperance is required in youth & age, winter & sommer, the body being full of ill humours, very little sleepe is sufficient, excepte the humours bee crude or raw, for then is sleepe necessarye, which digelleth the better then labour, semblably when the body is long empty, by long sicknesse or abstinence, sleepe comforteth nature as wel in the principall mem.



## The second booke.

members, as in al the other. Also regard must be had to the complexion, for they that are hoat and do eate litle & digest quickly, a litle sleepe serueth, specially to cholerick persons, for in them much sleepe augmenteth heat, moze then is necessarye, whereby hot fumes and inflamations are ofte ingendred, and somtyme the natural choler is aduſt or putrified, as experience teacheth. Fleumattick persons are naturally inclined to sleepe: and because they ingender much humors, they require moze sleepe then sanguine or cholericke. Persons hauing natural melancholy, not proceeding of choler aduſt, do require very much sleepe, which in them comforteth the powers animal, vital & naturall, which ye may fynd written in the tables proceeding. Sleepe would be taken not immediately after meales and before that the meate is descended from the mouth of the stomacke. For thereby is ingendred paynes and noise in the belly, and digestion corrupted, and the sleepe by ill vapors ascending, made vnquiet and troublous: moreover immoderate sleepe maketh the Body apt vnto palseis, apoplexies, falling sicknesse, rheums & impostumes. Also it maketh the wits dull, and the body slowe and vnapt to honest exercise. Semblably immoderate watch dyreth too much the body, and doth debilitate the powers animal, letteth digestion, and maketh the Body apte to consumption. Wherefore in these two exinges, as well as all other, a diligente temperance is to be vsed, the moderation is best conſected (for it is hard perfectly to knowe it) by the  
ſenſes

ensible lightnes of the body, specialllye of the  
 bryne, the browes, & the eyes, the passage downe  
 of the meate from the stomacke, the wil to make  
 bryne, and to go to the stole, contrarywise : hea-  
 uines in the body and eyes, & sauour of the meat  
 befoze eaten, signifieth that the sleepe was not  
 sufficient. They that are hole, must sleepe first  
 on the right side, because the meate may appoche  
 to the liuer which is in the stomacke as fyre vn-  
 der the pot, and by him is digested.

To them which haue feble digestion, it is good  
 to sleepe prostrate on theyre bellies, or to haue  
 theyr bare hand on their stomackes.

Lying vpright on the backe it is to bee vtterlye  
 abhorred.

The commodity of exercise, and the time  
 vwhen it should bee vsed Cap. 31.

**E**xercising is not an exercise but only that  
 which is vehement, the ende wherof is al-  
 teration of the breath or wynde of a man.

Of exercise do proceede two comodities, rui-  
 nation of excrementes, and also good habite of  
 the body : for exercise beyng a vehement motion,  
 therof needes must ensue hardenes of the mem-  
 bers, whereby labour shal the lesse greoue, and  
 the body bee the moze stronge to labour. Also  
 therof commeth augmentation of heate, whereby  
 happeneth the moze attraction or thinges to bee  
 digested, also moze quicke alteration and better  
 nourishing. Moreover that all and singular  
 partes of the body, bee therewith somewhat  
 humected. Whereby it happeneth, that  
 thinges

## The second booke.

things harde bee mollified, moyste things are extenuate, and the poares of the bodye are more opened. And by the violence of the breath or wynde, the poares are clenfed, and the splee in the bodye naturallie expelled. This thinge is so necessary to the preservation of health, that without it, no man may belonge without sicknesse. which is affirmed by Cornelius Celsus, sayinge that sluggishnes dulbeth the bodye, labour doth strengthe it, the first bringeth the incommodities of age thowp, the last maketh a man long tyme lusty. Notwithstanding in exercise ought to be 4 things diligently considered, that is to say: the tyme, the things proceeding, the quality, and quantity of exercise. First as concerning the time convenient for exercise, that it be, not when there is in the stomacke or bowels great quantity of meat, not sufficiently digested, or of humours, crude, or raw, lest thereby perill might insue by coueiance of them into all the members, before those meats or humours be concoct or boyled sufficiently. Galen sayth, that the time most convenient for exercise is, whē both the first & second digestion is complete, as well in the stomacke, as in the veynes, & that the time approacheth to eate cistones. For if ye do exercise soner or later, ye shall either fill the bodye w<sup>th</sup> crude humours, or els augment yallow choler. The knowledg of this time is perceiued by the colour of the veyne, for that which resemblith vnto cleere water, betokeneth that the iuice which commeth from the stomacke, is crude in the veynes, that which is well coloured, not to hygh



high or bare, betokeneth that the second digestion is now perfect, where the colour is very high or red: it signifieth that the concoction is more then sufficient. Wherefore when the vyene appeareth in a temperate colour, not red nor pale, but as it were gilt, then should exercise haue his beginning.

Of Fricasies or rubbings proceeding  
exercise. Cap. 32.

**A**S touching things proceeding exercise, as much as it is to bee feared, lesse by vehement exercise any of the excrementes of the belly, or bladder should hastily bee receiued into the habite of the body, by the violence of heate kindled by exercise, also leaſt ſome thing whiche is hole, be by heauines of excrementes or violent motion, broken or pulled out of his place, or that the excrementes by violence of the breath, should ſtop the poare or conduites of the body, it ſhalbe neceſſary little and little, by chaſing the body, firſt to molliſie the partes consolidate, and to extenuate or make thinne humours, and to loſe and open the pores, & then ſhal inſue to him that exerciſeth no peril of obſtruction or rupture.

And to bring that to paſſe, it ſhalbe expediente, after that the bodye is clenſed, to rub the bodye with a coarſe linnen cloth, firſt ſoftly and eaſilye, and after to increaſe more and more to a harde

## The second booke.

hard and swift rubbing, buttill the flesh do swell,  
and be somewhat ruddy, and that not only downe  
right, but also ouerthwart and round: Some do  
vse fricassies in this forme, in the morning after  
they haue bin at the scoole, with theyr thirt fleues  
or bare hand, if theyr flesh be tender, they do syst  
softly, and afterward faster rub their breaſt and  
sides downward, and ouerthwart, not touching  
their stomack or belly, and after cause theyr ser-  
uantt semblably to rub ouerthwart theyr shoul-  
ders, and Backe, and beginnyng at theyr  
necke bonne and not touching the raynes of  
theyr backe, except they do feele there much cold  
& wind & afterward theyr legges from the knees  
to the ancle: last theyr armes from the elbowe, to  
the hand wryest. And in this forme of fricasse,  
I my selfe haue founden an excellent commoditie.  
Old men or they which be very dry in theyr bo-  
dies, if they put to some sweete oyle, as Yrinum  
Nardinū. Chamemelinū, or other like mixt with  
a litle sweete oyle of Roses. I suppose they do  
wel. I wil not here speake of ornaments vsed in  
old time among the Romanes & Grekes, in fri-  
cassies or rubbings. For I suppose, if they were  
neuer here vsed, & in the said places, they be also  
lest, vnles it be in palseies, or apoplexies, or a-  
gainst the rigoure, which hapneth in feuers on-  
ly. I wil remember the saying of Hyppocrates.  
Fricasse hath power to loose, to bynde, to in-  
crease fleshe, and to minish it. For hard fricas-  
sies doe bynde or consolidate: softe rubbinge  
both lose or molifie, muche doe mynish fleshe,  
meane

## The second booke.

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meane, rubbinge doth augment or increase it. He that will knowe more abundantly hereof, let hym read the booke of Galen, of the preservation of health, called in latin, De tuenda sanitate, translated most truly & eloquently out of Greeke into latin, by Doctour Linacre, late Physician of most worthy memorie, to our soueraigne lord King H. the eight.

The same matter is writtē more bryefly of Paulus Aegineta, Oribasius, Aetius, and some other late wryters, but vnto Galen not to be cōpared.

### The diuersities of exercises. Cap. 33.

**T**he quality of exercise, is the diuersity thereof, soasmuch as therein be many differences in mouing, and also some exercise moueth more one part of the body, some an other. In difference of mouing some is slowe, or soft, some is swift or fast, some is strong or violent, some be mixt with strength or swiftnes. Strong or violent exercises be these, deluing, specially in tough clay, & heauy, bearing or sustenting of heauy burthens, clymmyng or walking agaynst a steepe vpright hill, holding a rope, and clymmyng by thereby, hanginge by the handes on anye thinge aboue a mans reach, that his feete touch not the ground, standing and holding vp, & spreading the armes, with the handes fast cloased, and abiding so a long tyme. Also to hold the armes stedfast, causing an other man to assay, to pull them out, & not wrystanding hee keepeth his arme stedfast,

H.

infoz.



## The second booke.

inforcing thereunto the sinewes and muscules.  
Wrestling also with the Armes and legges: if  
the persons be equall in strength, it doth exercise  
the one and the other: if the one be stronger, then  
is it to the weaker a more violent exercise. All these  
kinds of exercises, and other like them, do aug-  
ment strength, and therefore they serue onely for  
young men, which bee inclined, or bee apt to the  
warres. Swift exercise without violence is run-  
ning, playing with weapons, tennis, or throw-  
inge of the ball, trotting a space of ground for-  
warde, and backward, goinge on the toes, and  
holding vpp the handes. Also Ayringe vpp  
and downe his armes, without plummetes.  
Vehement exercise is compound of violent exer-  
cise, and swifte, when they are ioyned together  
at one tyme, as daunsinge of Galliardes, throw-  
inge of the balle, and running after it: Foote-  
ball play may be in the number thereof, throwing  
of the long dart, & continuing it many times, ru-  
ning in barnies, & other like: the moderate exer-  
cise is long walkinge, or going a iourney.

The partes of the body haue sounde exercises  
appropried vnto them, as runninge and going  
is the most proper for the legges. Mouing of the  
armes vp and downe, of stretching them out, and  
playing with weapons, serueth moche for the  
armes and shoulders, slowpunge and resyng  
oftentimes, as liftinge greate waightes, ta-  
kinge vp plummetes, or other lyke poppes on  
the endes of the stauies, and in likewise lifting vp

## The second booke.

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In euery hand a speare or morespik by the ends, specialllye crossing the handes, and to lay them downe agayne in theyr places, these do exercise the backe and loynes. Of the buike and lungen, the proppr exercise is moutinge of the bzeath in singing and crying. The entraples which be vnderneath the middrasse, be exercised by blowinge either by constraynt, or playng on shaulmes or sac'bottes, or other like instrumentes which doe requyre much wynde.

The muscules are beste exercised with holdinge the bzeath in a longe tyme, so that he which doth exercise, hath well digested his meate and is not troubled with much wynde in his body.

Specially lowde reading, counterfayte battayle, fence, or throwing the ball, running, walking, and to shooting, which in myne opynion excede all the other, do exercise the body commodiously. Alway remember, that the ende of violent exercise is, difficultie in fetchinge of bzeath. Of moderate exercise, alteration of bzeath only, or the beginning of sweate.

Moreouer in Wynter, running and wasteling is conuenient. In Sommer wasteling a litle, but not running. In very cold weather, much walking, in hoat weather, rest is more expedient. They which seeme to haue moost bodies, and lye in ydleness, they haue neede of byolente exercise. They which are leane and collerycke must walke softly, and exercise themselves verre temperately. The Pylametes called of Galen Aliteres, whiche are now muche vsed with

## The second booke.

great men, being of equal weight, and according to the strength of him that exerciseth, are verie good to be vsed fasting, a litle before breakfast or dinner, holding in euery hand a plummet, & lifting them downe with much violence, and so he may make the exercise violent or moderate, after the poyse of the plummets, heavier or lighter, and with much or litle labouring with them.

Of gestation, that is to say, vwhere one is caried, and is of an other thing moued, and not of himselfe. Cap. 34.

Paul Ac-  
gine.  
Actius.

There is also an other kynd of exercise, which is called Gestation, and is mixte with moving and rest. Forasmuch as the bodie sittinge or lying seemeth to rest, and notwithstanding it is moued by that which beareth it, as lying in a bed, hanging by cordes or chaynes, or in a cradle, sitting in a chaire which is carped on mens shoulders to slaues, as was the vse of the auncient Romans, or sitting in a boat or barge, which is rowed, ryding on a horse which ambleth very easily, or goeth a very soft pace. The bed, cradle, and chaire carped, serueth for them that are in long and continuall sickenes, or be lately recovered of a feuer. Also them which haue the frenspe or litharge, or haue a light tertiane feuer, or a quotidiane. This exercise sweetly swageth troubles of the mynde, and prouoketh  
Aspe



## The second booke.

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leepe, as it appeareth in chldren, which are rocked. Also it is conuenient for them, which haue the palsey, the stone, or the gout. Gestation in a chariote or wagon, hath in it a shaking of the body, but some vehement, and some more softe, the soft serueth in diseases of the head, and where any matter runneth downe into the stomacke and intralles. But y<sup>e</sup> vehement shaking is to be vsed in the greefes of the brest and the stomacke.

Also in swelling of the body and legges, in dropsies, palsies, migrimes, and scotomies, which is an imagination of darknes: being returned at the end of his iourney, he must sit by, & be easily moued. I haue knowne sayth Aetius, many persons in such wise cured, w<sup>o</sup>ut any other helpe. Nauigation or rowing nigh to the land, in a calm water, is expedient for them that haue dropsies, lepries, palsies, called of the bulgar people takings and fralles: to be caried on a rough water it is a violent exercise, & induceth sondry affections of the mynd, sometime feare, sometime hope, now coward hart, now hardines, one while pleasure, an other while displeasure. These exercises, if they be wel tempered, they may put out of the body all long during sicknesses: for y<sup>e</sup> which is mixt with rest & meeting, if any thing els may, it most excellently causeth the body to be wel nourished. Celsus doth prohibite Gestation, where the body seeth payn, & in the beginning of feuers, but when they cease, he alloweth it. Ryding moderately and without grieve, doth corroborate the spirit & body aboue other exercises, specially the stomack, it cle

Celsus 2.

## The second booke.

teach the senses and maketh them more quick. It  
bett to the breast it is very profitable, it oughte to  
be remembred, & as wel this, as all other kindes  
of exercise, would be vfed in a whole country, &  
where the ayre is pure & vncorrupted. For seene  
that he that will exercise, do go first to the scoole,  
for the causes rehearsed in the last chapter.

### Of vociferation. Cap. 15.

**T**he cheife exercise of the breast and ins-  
truments of the voyce, is vociferation; which  
is singing, reading or crying, whereof is the pro-  
perty that it purgeth naturall heate, and maketh  
it also subill and stable, and maketh the mem-  
bers of the body substantiall and stronge, resist-  
ing diseases. The exercise would bee vfed of  
persons short winded, & them which cannot fetch  
theye breath, but holding theyre necke straghte  
vpright. Also of them whose fleshy is consumed,  
specially about y<sup>e</sup> breast & shoulders. Also which  
have had ap<sup>o</sup>thumes broken in theyre breasts:  
For ouer of them that are hoarse by the much  
mordure, and to them which haue quartayne fe-  
uers, it is conuenient: It loseth the humour that  
siteth in the breast, and dyeth vp the moistnes  
of the stomacke, which properly the course of the  
quartaine is went to bring with him, it also pro-  
fiteth them which haue feble stomacks, or do be-  
mitt continuallye, or do breake vp sowenches out  
of the stomacke. It is good also for griefes of  
the

h head. He that intendeth to attempte this exercise, after that he hath bene at the schoole, & softlye rubbed the lower parts, and washed his hands, let him speake with as bace a voyce as he can, & walking, beginne to singe lowder and lowder, but still in a bace voyce, and to take no heede of sweete tunes or harmony. For that nothing doth profite vnto health of body, but to inforce himselfe to sing great, for thereby much ayre is drawn in by fetching of breath, thrusteth soorth the breast and stomacke, and openeth and enlargeth the pores. By high crying and lowde reading, are expelled superfluous humours. Therefore men & women hauing theyr bodies feble, and theyr flesh loose, and not firme, muste reade oftentimes lowde, and in a bace voyce, extendinge out the wyndepipe, & other passages of the breath. But notwithstanding this exercise is not vsed alway and of all persons. For they in whom is abundant of humours corrupted, or bee much diseased with crudity in the stomacke & vermes, those do I counsaile to abstayne from the exercise of the voyce, least much corrupted iuice or vapors, may thereby be into all the body distributed.

And here I conclude to speake of exercises, which of them that desyre to remayne longe in health is most diligently, & as I might say, most scrupulously to bee obserued.



# THE THIRD

## BOOKE.

### Of Repletion. Cap. 1



Repletion is a superfluous abundance of humours in the body: and that is in two manner of wise, that is to saye, in quantity and in quality: in quantity, as where all the foure humours are more in abundance, then be equal in proportion to the body that containeth them, or where one humour much exceedeth the remanant in quantity. In quality, as where the blood or other humour, is hotter or colder, thicker, or thinner, then is convenient unto the body.

First, where all the humours being superfluously increaseth, filleth and extendeth the receptoyes of the bodye, as the stomache, the veynes, and bowelles, and is most properly called fulnes, in Greeke Plethora in Latine Plenitudo.

The other is, where the body is infused eithers with choler, yellow or blacke, or with scums, or with watry humours, and is properly called in Greeke Cacorhymia, in Latine Vitiolus succus, in English it may be called corrupt turre. I will not here write, the subtil and abundant descriptions and discriptions of Galen in his bookes de plenitudine, and in his commentaries vpon the aphorismes of Hypocrates. For it shall be sufficient,

suffice, to shew the operations of repletion, good  
 of yll, remitting them which be curious, and des-  
 syre a moze ample declaration to the most excel-  
 lent workes of Galen, where he may be satisfied,  
 if he bee not determined to repugne agaynst rea-  
 son. Hyppocrates sayth, where meate is recei-  
 ued much aboue nature, that maketh sicknes,  
 Galen declaring that place sayth: moze meate  
 then accordeth with natures measure, is named  
 repletion. And afterwarde hee expounded that  
 word aboue nature, to signifie to much and su-  
 perfluously, as who sayth, where the meate is su-  
 perfluously taken, it maketh sicknes. For meate  
 but a little exceeding temperance, may not forth-  
 with make sicknes, but may yet keepe the bodie  
 within the latitude of boundes of health, for the  
 meat that shall make sicknes, must not a little ex-  
 ceede the exquisite measure. The incommoditie  
 which happeneth thereby is, that moystnes is to  
 much extended, and naturall heate is debilitate.  
 Also naturall heate resolueth somewhat of the su-  
 perfluous meat and drinke. And of that which  
 is resolved of meat vndigested, procedeth fumo-  
 sity grosse and vndigested, which ascendinge by  
 into the head, and touching the ryne wherein the  
 braine is wrapped, causeth headache, trembling  
 of the members, duskishnes of the sight, and  
 many other sicknesses, also by the sharpnes ther-  
 of, it pricketh and anoyeth the sinewes, which  
 make sensibility, the rootes of whom, are in the  
 braine, & from thence passe by through al the body.  
 Finally, the said fumosity engendeth of repletiō,  
 percing

li. 2. Aph.  
 apho. 12.  
 Vbi cibus  
 præter na-  
 turam plus  
 ingestus  
 est, hic  
 morbum  
 facit.  
 Galen in  
 commen-  
 loco præ-  
 dicto.

### The third booke.

percing the innermost part of the sayde sinewes called sensible, greivously annopeth the power animal, there consisting, by the occasion whereof, understanding and reason, as to the vse of them are let and troubled.

And also the tounge which is reasons expostour, is depriued of his office, as it appeareth in them which are dronke, and them which haue greuous paynes in their heade, proceeding of repletions. Signs of repletion be these, losse of appetite, delyte in nothing, sloathfulness, dulnes of the wit and senses, more sleepe then was accustomed to be, cramps in the body, sterung or selection of the members, fulnes of the beynes, and thiknes of the pulses, horrour or shrouelyng of the body mixt with heate. The remedies are abstinence and all euacuation, wherof I will make mention in the next Chapter.

#### Of euacuation. Cap. 2.

**T**he meates and drinkes receiued into the body: At the stomache and liuer do their natural office, be altered by concoction and digestion in such wise, that the best part thereof, goeth in the nourishment of the body. The worst beynge seperate by the members officiall, from the residue, are made excrementes in sondry formes and substances, which are like in quality to the natural humour, which they retaineth most in the body.

These



## The third booke.

55

These excrements be none other, but matter superfluous, and vsfauery, which by naturall powers may not be conueried into flesh, but remaining in the body, corrupt the members, and therefore nature abhorring them, despyeth to haue the expelled. These excrements be three in number, ordure, vayne, humour superfluous. Moreover there be two sortes of ordure, that is to say, one digested, which passeth by steege, the other vndigested, which is expelled by vomite. Where I say digested. I meane that it is passed the stomacke, and turned vnto an other figure. Likewise I call that vndigested, which still remaineth the figure of meate.

Vayne is the watry substance of the blood, like as whey is of milke, which out of the meat that is altered, and concoct or boyled in the stomacke, is strayned in the veins called Vissarals, which proceedeth from the holow part of the liuer, and sent by the rapins into the bladder, passeth by the instrument, the which is ordayned aswel to that purpose, for generation.

Humour superfluous is in three sortes, either mixt with any of the foure humours, called naturall, or els it is gathered into the vayne, or it is betwex the skynnes and the flesh, or lyeth among the sinewes, Muscles or ioynts. Of humours some are more grosse, some are cold, subtil & hoate, & are called vapours. Now for to expel these excrements, are 2. sundry kinds of euacuans, & is to say, abstinence, vomit, purgation by steege, lettyng of blood, purgation by clysters, sweating, purgation.

Ordure.

Digested.

Vayne.

Humour  
superflu-  
ous.

## The third booke.

prouocatō of hyeme, spitting, bleeding at the nose,  
or by hemeroides. And in women theyr naturall  
purgations. Of these euacuations I will briefly  
declare, with the commodities, which by the dis-  
crete vse of them do happen vnto the body.

### Of abstinence. Cap. 3.

Cor cel.  
lib. 2.  
Hypo. 2-  
phor. li. 7.

Conside-  
rations in  
abstinence.

Aph. lib. 1.  
Gal in  
comment

**A**Bstinence is a forbearinge to receiue anye  
meate or drinke. For if it be but in parte,  
it is rather then called temperance then absti-  
nence. It ought to be vsed onely after repletion,  
as the proper remedy therfore. And then if it be  
moderate, it consumeth superfluities: & in consu-  
ming them, it clarifieth the humours, maketh  
the body saye coloured, and not onely keepeth  
out sickness, but also where sickness is entred no-  
thing more helpeth if it be vsed in season. To the  
which haue very moist bodies, hunger is righte  
expedient, for it maketh them more dry, not with-  
standing there ought to be considerations in the  
meate before eaten, in the age of the person, in the  
tyme of the yeare, & in custome. First in the meat  
before eatē, if it be much in excesse, or very grosse,  
or not much exceeding, or light of digestion, and  
according thereunto woulde abstinence more or  
lesse be proportioned. Concerning age, Hypo-  
crates sayth, old men maye susceyne fasting ea-  
sily: next vnto them, men of middle age, yong  
men maye worse bere it, children worse of all,  
specially they that bee lusty, notwithstandinge,  
here Galen correcteth Hypocrates saying: that  
he should haue excepted men very olde, who, as  
experience

experience declareth, must eat often and little.

As touchyng tyme, it must bee remembred that in winter and spring tyme, the stomackes be naturally very hoat, and sleepe is long, and therefore in that tyme, meates would be more abundant, and although much be eaten, it wilbe sooner digested. Wherefore abstinence would not be then so much as in Sommer, albeit, to absterne much in Sommer, except it be after repletion.

Damaſcene sayth it dryeth the bodye, it maketh the colour ſallow, it ingendreth melancholy, and hurteth the sight. Moreover custome may not be forgotten, for they which be vs'd from childhood, to eat sundry meales in the day, would rather be reduced to fewer meales, & little meat, then to be compelled to abstayn utterly, to the intent that nature which is made by customs, be not rebuked, and the power digestive thereby debilitate. And note well, by to much abstinence, the moisture of the body is withdrawen: and consequently the body dryeth, and waxeth leane, naturall heat, by withdrawing of moisture is too much incended, and not fyndinge humoure to worke in, tourneth his violence to the radicall or substantial moisture of the body, and exhausting that humoure, bringeth the body into a consumption. Wherefore Hippocra. sayth, that to scarce and exquisite an order in meat and drynke, is for the more part more dangerous then that which is more abundant. Contrarywise moderation in abstinence according to the saide considerations is to healtly & sure bulwarke.

Damaſce-  
nus apho.

Apho. li. 2.



## The third booke.

Of vomite. Cap. 4.

Aetius  
lib. 3.

**T**he meat or drinke superfluous, or corrupted, in the stomacke, is best expelled by vomite, if it be not very greivous to him which is diseased. Also the moderate vse of it purgeth the stomacke, lighteth the head, causeth that the excrese of meats or dryncks, shall not annoy or bring sickness. Moreover it amendeth the effectes of the raines, bladder and the fundament. It also helpeth agaynst leproyes, cankers, goutes, dropsies, and also diuers sicknesses proceeding of the stomacke. For if any grieffe happeneth of the head, vomite is then vncommodious. It is better in wynter then in Sommer. Also good for them which are replete or very cholericke, if they haue not well digested, but it is ill for them that bee leane, or haue weake stomackes. And therefore where one feelth bitter vapours rising out of his stomack, with grieffe and weightines in the ouer partes of his body, let him run forth to this remedy.

It is also good for him that is hart burned, and hath much spittle, or his stomacke wambleth, and for him that remoueth into sondry places.

Cor. cel.  
lib. 1.

Yet A counsaile sayth Celsus, hym that will be in health, and would not be soone aged, that he vse not this dayly. And I my selfe haue knowne men which dayly vsing it, haue brought thereby their stomackes in such custome, that what so euer they did eate, they coulde longe retayne it, whereby they shorten their liues. Wherefore it would not be vsed, but onely where greatesur-

fer,

set, or abundance of fleum do requyre it. He that will vomit after meate, let hym drynke sondrye drynkes myxe together, and fyrst of all, warme water: or if that be to easpe, let hym myxe therewith salt, or hony. If hee will vomit fasting let hym drynke water and hony sodden together, or Alsop with it, or eate of a Radishe roote, and drynke warme water vpon it. Also water wherein radish is boyled, and afterward prouoke himsele to it. They that will haue more violent purgations, I remit to Physicians learned.

But yet I do eftsones warne them, that therein they be cyscumpect, and do not much vse it.

Moreouer in vomits, the matter brought forth, woulde be considered, according to the rules of Hipocrates, in his second booke of pronostications, that is to saye, if it be myxt with fleume & cholles, it is most profitable, if it be not in verpe great quantity, or thicke, the lesse mixture it hath, the worse it is. If it be grene like to lecke blades thin or blacke, it is to be iudged ill.

If it haue all colours, it is extreme perillous.

If it be leady coloured, & sauozeth horrible, it signifieth a shopt abolition, or dissolution of nature.

For as Galen affirmeth there, in his comment, such maner of vomit declareth corruption with extincting of nature. Also euery putrified & stinking sauour in vomit is ill.

These thinges bee right necessary to bee looked for where one doth vomit wout any difficulty: but to enforce one to vomit, which cannot, is very odious and to bee abhored.

Hipo.

prælag.

2. Cap. 7.

Galen de

locis affe-

ctis. lib. 1.

De

## The third booke.

### Of pouigation by siege. Cap. 5.

Cell. lib. 1.  
Aetius  
lib. 3.

**I**f the heade be heauy, or the eyes dymme, or if there be payne felt of the cholicke, or in the lower parte of the belly, or in the hyppes, or some cholericke matter or sicume in the stomack. Also if the breath be hardly fetched, if the belly of him selfe sendeth forth nothing, or if being costue, one feeleth ill sauour or bitternes in his mouth, or that which he maketh hath an horrible sauour, or if abstinence do not at the first put awaye the feuer, or if the strength of the body may not susteyne letting of bloude, or els the tyme therefore conuenient is past, or if one haue dronke muche before his sickness, or if he which oftentimes vnconstrayned hath had great sieges, be sodaynly stopped: In all these cases, and where it is paynfull to vomit, and in gnawing or frettinges of the stomacke, finally in all repletions, where a man cannot or will not be let bloud or vomit, it is expedient to prouoke siege by purgations, which are to be receiued by two wayes: bywarde at the fundament by suppositoies or clisters.

Downward at the mouth, by potions, electuaries, or pyles. Suppositoies are vled where the patient is weake and may not receiue any other purgations. Sometime forasmuch as the strait gutte is stopped with excrementes, which are drye and harde, sometyme where there nedeth none other purgation, specially in burning feuers, whereof the matter ascendeth into the heade, then clisters may do harme, and by the be-



benefite of suppositoꝝ, excrements are brought forth without any annoꝝaunce. And oftentymes it byngeth forth þ which clisters may not. Suppositoꝝ are made sometime with hony onely, sodden, rolled on a burd, and made round: smaler at one end then at the other, and of the length and greatnes, according to the quantity of the body, that taketh it.

Sometime there is mixt with the hony, salte dyed, or salt and pepper, or the pouder of such thinges as do either purge the humour which offendeth, or dissolueth grosse wyndes, or other matter, they be sometime made with rosin, pitch, waxe, or gummes, sometime of rootes, or the leaues of greene Mercuri, very smal brused. Also with figges or raysons, the stones taken out, or of white sope made in the figure aforesayd, & being made in the forme aforesaid, they must be put in at the fundament to the great end, and the patient must keepe it there the space of halfe an hower or moze.

Clisters are made of licour sometime simple, as water sodden, mylke, oile or wyne, sometime mixt as water and oile togeather, or decoctions, as where herbes, rotes, fruits, seedes, or gūmes, hauing property to make soft, dissolue, draw forth or expel matter þ greeneth, be boyled, and the licour thereof sometime warme, sometime hoat, is receaued at the fundamēt into the body, by a litle pipe of gold or siluer, iuoy, or wood, therfore ordained & called a clister pipe. This is necessary where the stomacke is weake, & may not susteine

I.

working

### The third booke.

working of medicines receiued at the mouth, also in feuers, collicies, and other diseases in the bowels, grieve in the raynes of the backe, or huckle bone, ventosities in the belly, inflammation or ulceration in the Gutes or Bladder. It is a conuenient, a sure medicine, and least hurt doth ensue of it. The making and ordning thereof, I will omit to write in this place, partly that I would not that Philistons, should to much note in me presumption, partly that another place may bee more apt to that purpose.

The particuler commodities of enery  
purgation. Cap. 5.

**I**n potions, electuaries, and pilles, ought to be much more obseruation, than in clysters or suppositoies, for as much as these doe enter no further then vnto the gulle where the ordure lyeth, & by that place only byngeth forth the matter which causeth disease. But the other entring in that way, that meates and drynkes do, cometh into the stomack, and there is boyled, and sent into the places of digestion, and afterward is mixt with the iuice, whereof the substance of the Bodie is made, and expelling the aduersarpe humours, somewhat thereof doubtlesse remaineth in the Bodie. Wherefore menne haue neede to be ware, what medicines they receiue, that in them bee no venenosity, malice or corruption, least for the expelling of a superfluous humour, which perchace good diet or some brothes made of good herbes, or the said

euacuatib, with suppositoꝝ or clister, might bring forth at leasure, by despying of too hasty remedye, they receiue in medicine, that which shall ingender a venemous humour, & vneustable distruction into all the body. And therfore happy is he which in sickness findeth a discret & wel learned Physitian, & so true a Apothecary, & hath alway drugges vncorrupted, and whom the Physitian may surely trust to dispense his things truly.

But now to returne to the sayd forme of purgation, I will now set forth some counsailes, concerning that matter which I haue collected out of the chiefe Authoꝝ of Physicke.

Bodies heat and moyste, may easily sustayne purgation by the stole. They which be leane or thynne, hauing the members tender, may take harme by purgations. To men that are cholericke, and them that eat lile, purgations are grievous. In yong children and old men, it is dangerous to loose much the belly.

To them that are not wont to it, purgation is noyfull. He that liueth in a good order of dyet, needeth netther purgation nor vomit.

After that the purgation hath wrought, thyristnesse, and sound sleape, be signes that the bodye is sufficiently purged. By dayly taking of medicines, Nature is corrupted. Whan yee will purge any thing, make first the matter flowing and soluble. Medicine to purge, oughte not to be mingled with meate, but to bee taken foure houres at the least before meales, or thye houres after meales, except certayne easy

Ill.

pilles



## The third booke.

pilles made to cleanse and comforte the stomacke, which would be taken at the beginning of supper, or after supper, a little before that one goeth to bed, making a light supper or none.

After purgation taken, the patient shoulde rest, and not walke until the medicine hath wrought, nor eat nor drinke in the meane space. These things have I remembred, because I have known right good physicians, to have forgotten to instruct thereof their patientes. Now will I set forth the table of such things which of their property do digest, or purge superfluous humours particularly, which I have gathered out of the booke of Dioscorides, Galen, Paulus Aegineta: Oribasius and Aetius, and other late writers: notwithstanding, I have not written all, for as much as there bee diuers things, whereunto we have not yet found any names in English.

Digestiues of	Barberies.
choler.	Roses.
Endiue.	Violets the leafe and
Lettise.	flower.
Cytop.	Sozell.
Scabiose.	Liverwort.
Marden haye.	Sozel de boisse.
Malowes.	Whay clarified.
Mercur.	The foure great colde
The iuice of pomgra-	seedes, that is to say, of
nades.	gourdes, cucumbers,
Porrlane.	melons, and citrullles.
Pope.	Pallum.

Alme

Wineger.  
Saunders.  
Barly water.  
Prunes.  
Tamarindes.

Purgers of choler.

Wilde hoppes.

Wormwood.

Centory.

Fumitory.

Whay of butter.

Violets.

Mercury.

Prunes.

Jutce of Roses.

Eupatory.

Tamarindes halfe an  
ounce in a decoction.

Manna 6. drammes at the  
least, and so to 25. in the  
broath of a henne or ca-  
pon.

Rubarbarum by it selfe  
from 2. drams vnto 4. in-  
fused or steeped in licour,  
from 4. drams vnto 8.

Digestiues of fleume.

Fencell.

Perseley the rootes.

Smallage.

Capers.

Lawzell.

Sennic.

Pulp.

Metozam.

Centropall.

Wild parsnip side.

Mynt.

Pympernell.

Horsemint.

Gladden.

Agrimony.

Calamint.

Pepp.

Verayne.

Sage.

Radish.

Mugwort.

Juniper.

Isop.

Pyony.

Baulme.

Hony.

Ginger.

Squilla.

Asiolochia.

Cinamome.

Pepper.

Cumme.

## The third booke.

Purgers of fleume	The broath of coleworte light boyled.
Centory.	Baulme mint.
Nettle.	Sticados.
Agrimony.	Tyme.
Alder.	Sene boyled in white wine, or in the broath of a henne.
Polipodiu of the oke	Lased sauer y.
Mirabolant hebulp, infused from halfe an ounce to an ounce, &	Eptimum.
2. drammes, in sub- stance from 1. dramis	Unwrought like.
to halfe an ounce.	Organum.
Agaricus, fro a dram	Calampyt.
to two drams, infused	Bozage.
from two drammes	Harics young.
to five.	Quickebeeme.
Pleos.	Madenhappe.
Mardenhappe.	with wind.
Sticados.	Dullal mountain.
	Hony.
	Sugar.

### Purgers of melan- choly.

Melancholy for the thinnes and subtilnes of  
the humour, needeth no digestiue.

They that will take sharpe purgations, or  
compounde with diuers thinges, let them take  
the counsaill of an honest and perfect Physitian,  
and not aduenture to mixe thinges together,  
without knowing the temperance of them in  
degrees,



degrees, and that he can proportion them to the body that shall receiue them in simples, as they be written. And so he may vse them without perill, agaynst the humors wherunto they serue.

Letting of bloud. Cap. 9.

**T**he part of euacuation by letting of bloude, is incision, or cutting of the veyne, whereby the bloud, which is cause of sicknes or griefe to the hole body, or any particular part therof doth most aptly passe.

The commodities whereof being in a moderate quantity, and in a due tyme taken, bee these that folowe, it clarifieth the witte, and maketh good memoxy, it clenseth the bladder, it dryerh the brayne, it warmerh the marowe, beyng in the bones, it openeth the hearing, it stoppeth reares, or droppinges of the epen, it taketh awaye tothsomnes, and confirmeth the stomacke, it nourisheth that which is proper to nature, and the contrary expelleth. It is thought that thereby lyfe is prolonged, and the matter making sicknes, shortly consumed. Wherefoze letting of bloude is not only expedient for them which are full of bloud, or haue abundance of strength, but also for them, in whom without plentitude colled fullnesse, inflammations begin to be in theyr bodies, or by some outward stroake, the bloud bring gathered withyn by collection therof, do feele griefe or disease.

Also where there is muche payne felt,

¶ Iiii.

or

### The third booke.

or debility of some member, whereof is supposed to bee ingendred some greivous disease. Moreover they which vse excesse of meates & drinks, may be cured by lettyng of bloude.

But those which bee temperate, keeping good diet, be holpen without letting of bloud: as by fricasses, vsing of bathes, exercise, walking, and ryding moderately. Also vnctions with oyles and opntmentes called Diaphoretice, which by euaporation, do shortly euacuate the fulnes.

Albeit, if the fulnes be of melancholy bloud, then alway needes must be lettyng of bloud.

Abundance of melancholy bloud is knowen by these signes. There is felt within the entrails, or within the bulke of a man or womā, a watgh-tines with tension or thrusting outward, and all that part which is aboue the navel, is more heauy then it was wont to bee, also much byrne and fatty, the residence or bottome thicke, troblous inflammation & much payne. These must be shortly let bloude, and the melancholy humour purged by slege. They which haue crude or rawe humours, must be warely let bloud, before that sickness engender, but hauing y<sup>e</sup> fever in no wise.

Concerning letting of bloud, these thinges following would be had in continual remembrance, and be afoze thought on. In abundennc of the bloud, the quality and quantity, the greatnes of the sickness, and if it bee presente or looked for. Also the dyete proceedinge the age and strength of the person, the naturall soume of his

his body, the time of the yere, the region or countrey, the present state of the ayre, the disuse of accustomed exercise, the ceasing of euacuations vsed before. In quality consider, of what humour the fulnesse proceedeth. In quantity the abundance of that which is to be purged. In sickness if it be dangerous or tollerable, if the sickness be present, it requireth the more diligence, if it be looked for, it may be the beter proportioned. In diet, the custome in eating & drinking, must be specially noted. In yongmen & women letting of blood would be more liberall. In olde men and yonge children, it would be scarser: Strong men may susteyne bleeding, they which are feeble, may not indure it. Large bodies haue greater vessels, then they which be little. Leane men haue more blood, corpulent men haue more fleshe. The time of the yere must be specially marked. For in the beginning of spryng time, it is best lettinge of blood, as Orbanus sayth, and so doth continue, after the opinion of Arnold, vnto the 8. kalendes of Iune, Aetius affirmeth, that in winter, or in a cold countrey, or where the person is of a very cold nature, the veynes should not be opened.

And Damascene sayth: They which in youth haue vsed to bee much let bloude, after they bee thre scoze yeres olde, they: nature waxeth cold, if they were of a cold complexion, but that is to bee vnderstoode, where they that are in health, are often let blood. For in the lapse from health and in diuers diseases, wherein the bloude is corrupted,



### The third booke.

corrupted, or where it ingendzeth impossomes,  
or resorteth to any place, where it ought not to be  
or passeth by any other conduite then nature or-  
dayned, or where it is furious or inflamed, or by  
any other meanes, breedeth greuous diseases, in  
all these cases, it ought to be practised, yea some  
tyme in aged persons, women with childe, and  
young infantes. For in extreme necessity, it were  
better experience some remedye, then to doe no-  
thing. Al other things concerning this matter,  
pertayne to the part curatiue, which treateth of  
healing of sickness, wherof I wil not now speak,  
but remit the readers to the counsaile of discrete  
Physitions.

Of scarifying called boxing or  
Cuppinge. Cap. 7.

**F**or as much as it is not conueniente to be let  
bloud oftentymes in the yere, because much  
of the vital spirit, passeth forth with the bloude,  
which beyng exhaust, the body waxeth cold, and  
naturall operations become the more feble, I  
therfore doe counsaile (sayth Galen) that the  
base partes of the body, as the legges be scarifi-  
ed, which is the most sure remedye, aswell in con-  
seruing health, as in repaying therof being de-  
cayed. For it cureth the etne, being annoyed with  
long distillations, it profiteth also the heade and  
ouerpart of the body agaynst sondry diseases, in  
what member the bloude is gathered, the bodye  
being first purged by scarification, the greife may  
bee cured.

Also Oribasius affirmeth the same, & also ad-  
 deth thereto & it helpeth squinances, or quinces  
 in the throte, and dissoluethe the constipations or  
 stoppings made of all places, if the places be  
 scarified, notwithstanding application of boxes  
 about the stomack in hoat fevers, where reason  
 is troubled, are to be eschewed for feare of suffo-  
 cation. Likewise put to the heade vndiscret. I.e,  
 it hurteth both the head and the eyes. The late  
 Authours do asserime, & scarifying is in the Acce-  
 of letting bloude, wherfore age, debility, or time  
 of the yeare, or other lyke consideration, a man  
 may not susseyne bloude lettinge, and it bringeth  
 forth in the thynne blood, which is nexte to the  
 skynne.

Of bloud suckers or leaches. Cap. 8.

**T**here is also an other forme of euacuation,  
 by woymes found in waters, called bloude  
 suckers or leaches, which being put into the bo-  
 dy or member, do draw out blood.  
 And there drawing is more conuenient for fulnes  
 of blood then scarifying is, for as much as they  
 fetch bloude more deper, and is more of the  
 substance of blood, yet the opinion of some men  
 is, that they do drawe no bloude but that which  
 is corrupted, and not proportionable vnto our  
 bodye. And therefore in griefes which hap-  
 pen betweene the skyn and the flesh of blood cor-  
 rupted, these are more conuenient then scarifi-  
 yng. But therefore that they be put vnto anye  
 part of the bodye, they must be firste kepte all  
 one

### The third booke.

on day before, geuing vnto them a litle bloude in  
fresh fleshe. And then put them in cleane water  
somewhat warme, and with a spounge wype a-  
way the slime which is about them, and then lay  
a litle bloud on the place greened, and put them  
then to it, and lay on them a sponge, that when  
they be full, they may fall away, or if ye wil soner  
haue them off, put a horse hayze betwene therz  
mouthes and the place, and draw them away, or  
put to therz mouthes salt, or ashes, or vinegar,  
and forthwith they shall fall, and then washe the  
place with a spounge, and if there do issue much  
bloud, lay on the place the poulder of a sponge,  
a pitch burned, or linnen cloth burned, or gauls  
burned, or the hearbe called *Bursa pastoris* brui-  
sed. And this sufficeth concerning bloudsuckers.

Of Hemeroydes or pilles.

Cap. 9.

**H**Emeroides be voynes in the fundamente of  
whom do happen sundry passions, some-  
tyme swellinge withoute bleedinge, some-  
tyme superfluous bloud by the puissance of na-  
ture is by them expelled, and then bee they ve-  
ry conuenient, for by them a man shall escape ma-  
ny great sicknesses, which bee ingendred of cor-  
rupted bloude, or of melancholy. Semblable,  
if they be hastily stopped from the course which  
they haue bene vsed to, thereby do increase the  
sayde sicknesses, which by them were expelled,  
as dropsies, consumptions, madnesse, frans-  
cies,



flis, and diuers diseases of the heade, and other sicknesses: palenes of the Visage, grieve in the raynes of the back, and thighes. And if they flow to much, there insueth feeblenes, learing of the body, alteration of colour, great payns in þe lower partes of the body. And if the fluxe be vnmoderat, it ingēdzeth mischieuous diseases. Wherefore it would be diligently taken heede, that they runne in measure, or els to vse some things moderately, which may restrayn them. Concerning other euacuations, I do purposely omit to write of thē in this place, for asmuch as in this realme it hath bene accompted not honest, to declare thē in the bulgar tongue, but onely secretly.

Of effectes of the minde. Cap. 10

**T**he last of thinges called not naturall, is not the least parte to be considered, the which is of affectes and passions of the mynde. For if they be immoderate, they do not only annoy the bodye and shorten the life, but also they do appayr, and somtyme loose vterly a mans estimation. And þe much more is, they bying a man from the vse of reason, and somtyme in the displeasure of Almighty God. Wherefore they do not only require the help of Physicke corporall, but also the counsaile of a man wyse and well learned in moral Philosophy.

Wherefore after that I haue rected what they be, I will briefly declare such counsailes as I haue gathered. And as concerning remedy  
of

### The third booke.

of Phisicke, saving a few samples, which do comfort the heart & spirits, the residue I will remit to the comfort of Phisitions, like as I have done in euacuation. Effects of the minde whereby the body is annoyed, do bring in sickness by these, Ire or wrath, heuines or sorrow, gladnes or reioicing.

#### Of Ire. Cap. ii.

**I**re is kindled in the heart, moderately chafing the spirits there, and then is sente forth into the members, & doth superfluously heat them, and disturbeth reason, where the bodies be heat afore, wher naturall heat is feeble, the heat may not be dispersed vnto the extreme parties, & then doth the extreme members, that is to say, which is farre from the heart, remain colde & trebling. Of this affection cometh sometime fevers, sometime apoplexis, or priuation of senses, trembling palseis, madness, frankses, disformity of visage: and that worse is, outrageous swearing, blasphemy, despaye of vengeance, losse of Charitie, amity, credence, also forgetfulnesse of benefyte proceedinge, and of obedience, dutye and reuerence. These also do succede, contention, chargeable suite, vnquietnes of mynde, lacke of appetite, lacke of sleepe, feeble digestion, Scurue, Dysdyspe, and hatred of other, with perill of losing of all good reputation. These incommodities of Ire, perfectly had in remembrance, and at the first motion thereof on them thought

on, may happen to bring in his fellows, and thereby the flame may be quenched, or let him that is angry, even at the first, consider one of these things, that like as he is a man, so is also the other, with whom he is angry, and therefore it is as lawfull for the other to be angry, as unto him, and if he so be, then shall the anger be to him displeasur, and stir him more to be angry. Wherefore it appeareth that y<sup>e</sup> is to him lothsome. If the other be patient, then let him abhorre that thing in himselfe, the lack whereof in the other contenteth him, & allwageth his malice. Whoeuer let him before that occasiō of y<sup>e</sup> doth happen, accustome himself to behold & mark wel them that be angry, with the successe of that anger, & ruminat it in his minde a good space after. And in that time, let him remember, howe Ch<sup>r</sup>ist, the sonne of God, and God, who (as he himself sayd) might haue had of God his father, if he would haue asked them, legiōs of Angels, to haue defended him, yea with lesse then a wink, might haue slayne all his aduersaries, yet he notwithstanding rebuked, scorned, falsely accused, plucked hither, and thither, striped, bounden with halters, whipped, spitte on, buffeted, crowned with sharpe thorne, laded with a heauy piece of timber, his own propre tournement, halen and drayen forth like a calfe to the slaughter house, with stones beaten, and ouerthrowen, retched forth with ropes, armes and legges layed on the Crosse, and thereunto with long yron nayles throughe the handes & feete nayled, with  
many



### The third booke.

many strokes of hammers, with many prickings,  
or euer the naples might perce by his tender and  
most blessed flesh and sinewes, quite through the  
hard tyMBER, vnto the heads of the naples: and  
all this being done for the offence of mankind, &  
not his: yet with the men which did it, his most  
vnhynde countrymen, his most vnnaturall kin-  
men, whom he first made of nothinge, preserved  
by miracles, beluered from perill, and cured of  
diseases, in all his vexation and trouble, he was  
never seene or perceiued angry. If one will say,  
that anger is naturall, let him also consider that  
in Christs menhood were all natural powers.  
If he will say, that yre is taken of courage, and  
in Christe it lacked not, whom both aungels and  
Deuilles trembled and feared. The premises  
often reuolued, and borne in the mynde. I will  
not say, shall viterly extinct all motions of wrath  
which is not possible, but it shall when it kind-  
leth lightly repress it, & let that it shall not grow  
into flame. And in speaking here of wrath, I doe  
not meane that which good men haue against vi-  
ces: or wise and discret gouernours & maisters,  
agaynst the defaults or negligences of their sub-  
iects or seruants, vsed in rebuking them, or mo-  
derately punishing them. For that is not properly  
yre, but rather to be called displeasure, & is that  
whereof God speaketh by his Prophet Dauid  
saying, Be you angry & do not sinne. And of that  
manner of anger hath bene diners holy men, pro-  
phetes and other. And it appeared in Christ,  
when

when he draue out them which made their market in the holy temple of God, where there ought to be nothing but prayer. And in likewise when he rebuked the hypocrites. But if none of these things may come so shortly to his remembrance, that is moued with anger, at the least, let him think on the lesson that Appollodorus, the Philosopher taught to the Emperour Octavian, that before hee speake or doe any thing in anger, he do recite in order, all the letters of *A. B. C.* and remooue somewhat out of the place that hee is in, & seeke occasion to bee otherwise occupied. This shal for this tyme suffice, for the remedies of *pr.* And he that will know more of this matter, let him read in my worke called the *Gouernour*, wher I therof do write more abundantly.

## Of Dolour, or Heauines of mind.

## Cap. 12.

**T**here is nothinge more enemy to life, then sorowe, called also heauinesse: for it exhausteth both naturall heate and moisture of the bodye, and doth extenuate, or make the body leane, dullerth the wit, & darknerth the spirites, letterth *h*is iudgement of reason, and oppresseth memory. And Salomon sayth: that sorow dyeth by the bones. And also like as the moath in the garment, and the worme in the tree, so doth heauines annoy the hart of a man. Also in the booke called *Ecclesiasticus*. Sorow hath killed many, and in it self is found no comoditie. Also by heauines

Pro. 17.

&amp; 25.

Eccle. 25.

&amp; 38.

R.

uines

### The third booke.

aines death is hastened, it hideth vertue or strength, and heavines of hart boweth downe the necke. This is so puissant an enemy to nature, & bodely health, that to resist the malice and violence therof, are required remedies, as wel of the holisome counsailes founde in holpe Scripture, and in the bookes of mozall doctrine, as also of certayne herbes, fruites, and spices, hauring the property to expell melancholicke humours, & to comfort and keepe lively the spirites, which haue theyr proper habitation in the hart of man, and moderate nourishing of the naturall heate & humour called radical, which is the base or foundation, whereupon the life of man standeth, and that sayling life, falleth into ruine, and the body is dissolved. Now first I will declare some remedies agaynst sorrowfulnes of hart, concerning necessary counsaile. Sometyms this effect hap- peneth of ingratitude, eyther where for benefite, or speciall loue employed, one receiveth damage, or is abandoned in his necessity, or is deceived of him whom he trusted, or findeth him of whom he hath great expectation, forgetfull or negligent in his commodity, or perceiveth the person whom of long tyme he hath loved, to be estranged from hym, or to haue one of a later acquaintance in more estimation. This affection nipeth the hart, yea of most wise men, for they loue most hartely, not prouoked by carnall affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners, of long tyme mutually experienced. And it is not onely  
vns



unto man greuous, but also unto God most displeasing and odious, as it is aboundantly declared in scripture. Wherefore the person which feelth himselfe touched with this effect, before that it groweth into a passion, and waxeth a sickness, let him call to remembrance these articles following, or at the least wile, some of them.

For every one of them may ease him, though peradventure they cannot forthwith perfectly cure him.

Consider, that the corruption of mans nature is not so much declared in any thing as in ingratitude, whereby a man is made worse then diuers brute beastes. The little Ant or Emot helpeth by his fellow, whom he seeth overthrowen with burthen or by other occasion.

Counsels  
against in-  
gratitude.  
Appianus  
in varia  
historia.

Also when Elephantes do passe over any great water: the greatest and most puissant of them deuide themselves, and setting the weakest in the middle part, go before trying the depths and perils, part come after, succouring the weakest or least with their long noses, when they see them in danger. The same beastes haue bene sene once to bringe men out of desertes, which haue lost their waies, but also renting the displeasing bone to them, which gaue them meat, as one that flew him, which had committed adultery with his masters wife.

The terrible Lions and Panthers haue bene sene in their manner to render thanks to their benefactors, yea and to abate their owne bodies and liues for their defence. The same we maye daily beholde in our owne dogges.

## The third booke,

Sene. de  
benefi. 7.

Than in whom thou fyndest the detestable vice  
of ingratitude, reputinge him amonge the worst  
sortes of Creatures, thinke not that thou hast  
lost a friend, but thinke that thou arte deliuered  
from a Monster of nature, that deuoured thy  
loue, and that thou art nowe at libertie, and hast  
wonne experience to choose thee a better. But if  
this may not suffice, then estsones consider that  
if thou looke well on thy selfe, perchance thou  
mayst fynde the fault whereof thou complaynest,  
within thine own bosom. Cal to thy remembraunce  
if thou hast alway rendred vnto euery man con-  
digne thanks of benefitt, of whom thou hast kind-  
nes receiued, or if thou hast alway remembred,  
euery one of them, that haue done to thee any co-  
modity or pleasure. Thou shalt well perceiue, &  
what thinge that thou receiuedst in childhoode,  
thou forgettest or diddest little esteeme, when thou  
camest to the state of a man. And what thou did-  
dest remember in youth, in age thou diddest little  
think on thy nourises Dap, her rockings, watch-  
ings, thou hast not alway remembred or equaly  
recompensed. The Schoolemasters Cudy, his  
labour, his diligence in a lyke degree, thou hast  
not requitted. What greater friend hast thou had  
of whom thou couldest recieue any greater bene-  
fitt, then the nourishing & preseruing of thy life  
in thy most feeblenes, thine crudition, whereby  
thy nature was made moze excellent. Remēbyng  
this, leaue to bee angry or sorrowfull, for so com-  
mon a vice: yet if it cease not to greue thee, confer  
the

the ingratitude that both bere thee, w<sup>th</sup> that ingratitude which was shewed by the Israelites, who God chose for his owne people, deliuered from seruage, shewed for them wonders, preserved the forty yeares in desert, destroyed for them Kings, gaue to them the countrie which flowed with mylke and hony, defended them agaynst al outward hostility, sent vnto them such abundance of riches, that siluer was in Hierusalem, as stones in the streete, and his tabernacle, and afterward his most holy temple among them, which he did dayly visite, with his deupne maiesty made their kynges to raygn gloriously, and spake with their Prophets familiarly, & corrected their errors most gently, and yet for all this they embracinge the Paynimes Idolatrye, they lesie so gractous and louing a Lorde, and liuing God, and to hys greate despise, gaue deupne honoures to calues of brasse, and other monstrous Images, and at the last, put to most cruell death, the onely sonne of God, that had done so much for them.

And if we Christian men doe looke well on oure selues, reuoluinge the incomparable benefyte, which we haue receiued by Christs passion, and consider the circumstance of his most excellent patience, and most feruent loue towards vs, with our forgetfulnes, and the dayly breach of our promise, which wee made at our Baptisme, conferringe our mutuall vnkindenes therein, there shall appeare no ingratitude, that should offende vs. Finally for a conclusion, beholde well aboue thee; and thou shalt all daye synde



### The third booke.

the children ingrate to theyr parents, and wiues to theyr husbandes. And wilt thou loke that thy benefyte or bayne expectation, should make thee more free from ingratitude of thy frende, whom chaunce hath sent thee, then nature may the parentes to theyr children, or the coniunction of bodyes by lawfull marriage, take bndynes fro the wiues toward the husbandes.

The vice therefore of ingratitude, being so common a chaunce, make no worldly friendship so precious, that life or death therefore should be spent or consumed, I haue ben the longer in this place, because I haue had in this grecke sufficient experience.

**Death of  
children.**

If death of children be cause of thy heauines, cal to thy remembrance some children, of whom there is no litle number, whose liues either for incoorigible vices, or infortunate chaunces, haue bene more girtuous vnto theyr parents, then the death of thy children ought to bee vnto thee: considering y death is a discharger of all griefes and myseryes, and to them that dye well, the first entry into life carrying.

**Losse of  
goodes.**

The losse of goodes or auctoryty, do greue none but foolles, which do not marke diligently, that like as neither the one nor the other doth alwaye happen to them that are worthy, so we haue in daily experience, that they fall from him suddenly who in increasing or keeping them, seemeth most busye.

**Lacke of  
promotion.**

Oftentimes the repulse from promotion is cause of discomfort. But then consider whether in the

In the opinion of goodmen, thou art demed woorthie to haue such aduancement, or in thyne owne expectation and fantasie. If good men so iudge thee, thank thou God of that felicity, & laughe at the blindnes of them, that so haue refused thee. If it proceede of thyne owne folly, abhorre all arrogancy, and inforce thy selfe to be aduanced in mens estimations, before thou canst finde thy selfe woorthie in the proper opinion.

All other chaunces of fortune extreme as nothing, and that long before they do happen.

Chaunces  
of fortune.

The oft recording of misery, prepareth thy mynde to feele lesse aduersity. And the contempt of fortune is sure quietnes, and most perfect felicity.

This now shall suffice concerning remedies of morall Philosophy. Now will I wryte somewhat touching counsaile of Physicke, as in relieuing the body, which either by the sayd occasions, or by the humors of melancholy is brought out of temper.

The first counsaile is, that during the tyme of that passion, eschewe to be angry, Audious, or solitarie, and reioyce thee with meelodye, or els be alway in such company, as best may content thee.

Buoyde all thinges that be noyous in sight, smelling and hearinge, and embrace all thinges that is delectable.

Flee darkenes, much watch, and busynesse of mynde, much companyinge with Women, the vse of thinges very hot and dry, often purgations, immoderate exercise, thyrt, much ab-

At ill.

At ill.

## The third booke.

Stinence, dry wyndes and cold.

Abstayne from dayly eating of much olde biese,  
or old mutton, hard chiese, hares fleshe, boares  
fleshe, venison, salissh, colewoxes, beanes, and  
peason, verpe course breade, great fishes of the  
sea, as thurlepole, or purpise, and stourgion, and  
other of lyke natures, wiaes red and thicke, mea-  
tes being very salt or sowre, old, burned, or fryed,  
garlick, onions, and leekes.

Use meates, which are temperatly hoate, and  
therewith somewhat moyste, boyled rather then  
rosted, light of digestion, and ingendring bloude  
clere and syne. As mylke hoate from the udder,  
or at the least newmilked, euen these, swete Ruen  
cheese, Almons, the yolkes of reere egges, litle  
byrdes of the bushes, chickens and hennes, white  
wyne or claret, clere and fragrant. Swete sauours  
in wynter hoat, in Sommer colde, in the meane  
tyme temperate.

Confortatiues of the  
hart hoat.

Bourage the flower or  
leafe

Buglosse.

Baulme mynt.

Ellicampane.

Cloues.

Cardamomum.

Rosemary.

Lignum aloes.

Muske.

Ambergrise.

Saffron.

The bone of the Harte  
of a red bere.

Myntes.

The rynd of Citron.

Beane.

Cububes.

Wass.

Confortatiues of  
the heart cold,

Mislers.

Perles.

Coyall.

The



The vncomen honye.	Comfortatiues
Ole apples which	temperate.
be good.	Iacincte.
Roses.	Saphire.
Saunders.	Emerauldes.
The Oliphantes	Mitobolanes called
tooth.	Rebult.
Water lillies.	Buglosse.
Cozlander prepared.	Golde, Silver.

## Of Hope.

**I**oye, or gladnesse of heart doth prolong the lyfe, it killeth the Bodie that is leane with troubles, bytyng the humours to an equall temperaunce, and drawinge naturall heat outwarde. But if it bee sodayne and feruente, it oftentimes slayeth, for as much as yt draweth too sodainly and excessiuely naturall heate outwarde. And therefore diuers men and women haue bene seene to fall in a sounde, when they haue sodaynly beholde the persons whom they feruently loued.

A woman in Rome hearing first, that her sonne was slayne in battayle. After when hee came to her, shee seeing him aloue, embracing eche other, shee dyed in his Armes. This well considered agaynst such inordinate gladnesse, the best preseruatiue is to remember, that the extreme partes of mundayne ioy, is sorrow & heauines: and that nothing of this worlde, may so much reioyce vs: but occasion may cause it to be displeasunt vnto vs.

T. Lilius.

The

## The third booke.

### The dominion of sundry complexions. Cap. 13.

**I**t seemeth to me not inconuenient, that I do declare as wel the counsailes of Auncient and approued Authoꝝ, as also mine owne optinion, gathered by diligent marking in dayly experience, concerning as well the necessary dyet of euery complexion, age, and declination of health, as also the meane to resist the disordres of the body, before sickness be therein confirmed, leauing the residue vnto the substantiall learning, and circumspect practise of good Physicians, which shall the moze easily cure their patients, if they patients do not disdain to beare away and follow my counsaile.

And first it ought to be considered, that none of the 4. complexions, haue solely such dominion in any man or womans body, that no parte of any other complexion is therewith mixt. For whā we cal a man sanguine, cholerick, flegmatick, or melancholyck, we do not meane ꝑ he hath bloud only without any of the other humoꝝ, or choler without bloud, or flegme without bloud or melancholy, or melancholy without bloud or choler. And therefore the man which is sanguine, the moze that he draweth vnto age, whereby naturall moisture decayeth, the moze is he cholericke, by reason that heat surmounting moisture needes must remayne heat and dryth.

Semblably the cholerick man, the moze that hee

hee waxeth into age, the more naturall heate in him is abated, and dyeth surmounting naturall moysture, he becommeth melancholicke, but some sanguine man hath in the proportion of temperatures, a greater mixture with collet then an other hath. Likewise the cholericke or fleumaticke man, with the humour of sanguine or melancholy. And therefore late practisers of Physicke are wont to call men, according to the mixture of their complexions as, sanguine cholerick, fleumaticke sanguine. &c. Whereouer besyde the naturall complexions which man receiveth in his generation, the humoures whereof the same complexions do consist, being augmented superfluously in the bodye or members by anye of the sayde thynges, called not naturall, euery of them do semblablye augment the complexion which is propre vnto him, and bringeth vnequal temperature vnto the bodye. And for these causes the sanguine or fleumaticke man or woman, felong anye discrease by choler happened to them, by the sayde thynges, called not naturall, they shal vse the diet described hereafter to hym which is naturallye cholericke. Semblablye the cholericke or melancholike man or woman hauing anye discrease by fleume, to vse the diet of him which is naturallye fleumaticke, alway remembryng, that sanguine & fleumaticke men haue more respect vnto dyeth, cholericke and melancholye vnto moysture, and that alway as the accidentall complexion decayeth, to resort by little and litle to the diet pertainyng to his naturall complexion.

The



## The third booke.

The times appropriated to euery naturall  
humoure. Cap.14.

**B**ut first it must be considered, that where the 4 humours be alway in man, and in some man commonly one humour is moze abundant then an other naturally, that is to say, from his generation. The sayde humours haue also peculiar tymes assigned to euery one of them, wherein each of them is in hys most power and foze, as after insucth, after the discription of Soranus. Fleume hath most puissance in wynter, from the 8. Idus of Nouember, vnto the 8. Idus of February, whereby are ingendred Catarres, oz reumes, the buula, the coughe, and the Ruthe. This humoure is parte in the heade, parte in the stomack. It hath dominion from the 3. houre of night, vntill the ninth howze of the same nighte. Bloude increaseth in spryng time from the viii. Idus of February, vnto the viii. Idus of May, whereof are ingendred feuers, and sweete humours, which do stoptly putrisfe: the power of this humour is about the harte, and hath dominion from the ninth howze of night, vntill the the third howze of the morning. Red cholles hath power in Sommer fro the 8. Idus of May, vntill the 8 Idus of August, whereby are ingendred hoat and sharp feuers: this humour is specially in the liuer, and hath dominion from the third howze of the day, vntill the 9 hour of the same day.

Yellowe

Yellow choller, whereof is indendred the fleume of the stomacke, is nourished in Autume, which beginneth the 8. Idus of August, & during vnto the 8. day of Nouember, and maketh shaking fevers and sharpe, the black choler that increaseth, & then followeth thicknes of y<sup>e</sup> bloud in y<sup>e</sup> veines. Black choler oz melancholy most rayneth in the splene, and it rayneth from the ix. houre of y<sup>e</sup> day, vntill the thirde howre of night.

Peculiar remedies agaynst the distemperaunce of euery humoure.

**I**f the distemperaunce be of bloud, help it with Soranus things cold, sharp and dry, for bloud is moyst, in arte medicendi.

If it be of red Choller, geue thinges colde, moyst, and sweete, for red choller is bitter and drye. If it bee of blacke choller, geue thinges hoat, moyst, & sweete: for blacke choler is sharpe and cold. If the disease be of salte fleume, geue thinges sweete, hoat, and dry, thus sayth Soranus. Notwithstandinge where there is abundance of cold fleume not mixt with choller, there thinges very sharpe and hoat be most contentent, as tart vineger with hoat roses, and scedeg, oz wyces, stronge and rough honnye being satten in the one and the other, oz where choler is mixt with fleume: syrope acetose made with vineger and suger boyled, sometyme with herbes, rootes, oz seedes, which may dissolue fleume, and digest it.

Dps

### The third booke.

Diet of them vvhich are of sanguine complexion. Cap. 15.

**F**orasmuch as in sanguyne men, bloude most repneth, whiche is soone corrupted, it shall bee necessarie for them which are of that complexion one, to bee circumspecte in eatinge meate, that shortlye will receiue putrifactione as the moze parte of fruits, specially not bring perfectly ripe, also meates that be of ill iuice, as fishe of brackes, to olde or yong, vidders of brasses, baynes, except of capons and chickens, marowe of the backe bone, much vse of Onions, leekes, garlik, much vse of old figges, much vse of raw herbes, and all thinges wherein is excesse of heate, cold, or moysture, meates that be stale, fishes of fennes or muddy waters, and to much sleepe, as experience sheweth.

Diet of cholerick persons. Cap. 16.

**T**o them which bee cholericke, being in theire naturall temperature, and hauing not from theire youth vsed the contrarie, grosse meates moderatlye taken, bee moze conueniente then the meates that bee fyne, and better shall they digest a peece of good beefe, then a chickens legge. Choler of his propriety rather burning, then well digesting meates of light substance, notwithstanding some gentlemen which be nicely broughte vp in theire infancie, maye not so well sustayne that drete, as poore menne, bringe the moze parte vsed to grosse meates, where



wheretoze they dyet must be in a temperance, as  
 pong beefe, old beale, mutton, and benyson pou-  
 dzed, pong geese, and such like, concerning theyre  
 complexion with meates, like thereunto in qua-  
 lity & degree, according to the counsaile of Hyp-  
 pocrates. And as he perceiueth choler to abound,  
 so to enterlace meates which bee colde, in a mo-  
 derate quantity, and to slay theyr wyne more or  
 lesse with water, eschewing hoat spices, hoate  
 wyne, & excessive labour, wherby the body may  
 be much chafed. Also he may eate oftner in the  
 day then any other: forseene, & there be such dis-  
 tance betwene his meales, as y<sup>e</sup> meat before ea-  
 ten bee fully digested, which in some person is  
 more, in some lesse, accordinge to the heate and  
 strength of his stomacke, noting alwaye that the  
 cholericke person digesteth more meate then his  
 appetite desireth, the melanchollicke person de-  
 sireth by false appetite more then his stomacke  
 may digest. And to a cholerick person it is right  
 dangerous, to vse long abstinence, for choller  
 finding nothing in the stomacke to concoct, it fa-  
 reth then as where a litle potage or mylke, be-  
 ing in a vessell ouer a greate fyre, it is burned to  
 the vessell, & vsauerp fumes & vapours doe is-  
 sue out thereof. Likewyse in a cholerick stomack  
 by abstinence, these inconueniences doe happen,  
 humours adust, consuming of naturall moisture,  
 fumositie and stinking vapours, ascendinge  
 vp to the head, whereof is ingendred duskyng  
 of the eyes, head aches hoat, and thin Rheumes  
 after euery litle Surfet, and many other incon-  
 ueniences.

## The third booke.

Diet of them vvhich are of Sanguine  
complexion. Cap. 15.

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repneth, which is soone corrupted, it shall bee  
necessarie for them which are of that complexi-  
one, to bee circumspecte in eatinge meate, that  
shortlye will receiue putrifactione as the more  
parte of fruits, specially not bring perfectly ripe,  
also meates that be of ill iuice, as fishe of bea-  
ces, to olde or yong, vidders of bristles, baynes,  
except of capons and chickens, marowe of the  
backe bone, much vse of Onions, leekes, garlik,  
much vse of old figges, much vse of raw herbes,  
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ponge beefe, old beale, wutton, and benyson pou-  
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vp to the head, whereof is ingendred duskenge  
of the eyes, head aches hoat, and thin Rheumes  
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ueniences.



## The third booke.

ueniences. Wherefore beside h opinion of beſt lernaed men, myne owne paynfull experience, alſo moueth me to exhort them, which be of this complexion to eſchewe much Abſtinence: And although they be ſtudious, & vſe little exerciſe, yet in the morning to eate ſomewhat in a little quantity, and not to ſtudy immediatly, but ſpyll to ſitte a while, and after to ſtand or walke ſoftly, which vſing theſe two yeares, I, and alſo other, that haue long knowen me, haue percelued in my body a great alteration, that is to ſay, from ill eſtate to better. Alway remember, that if any other humour do abound in h cholericke perſon, as ſleum, or melancholy, then vntill that humour be expelled, the Diete muſt be correctiue of that humour, and therefore more hoat and ſpene, then the naturall diet beſore rehearſed: but yet there would be alway reſpect had to the naturall complexion, ſometime offering the perſon to eat or drinke that, which nature working he feruently deſireth.

### Diet of Fleumaticke perſons.

#### Cap. 17.

**I**T is to be remembred, that pure ſleume is properly cold and moſt, and lacketh laſte. Salte ſleume is mixt with choller, & therefore hath not in him ſo much cold nor humidity, as pure ſleum hath, and therefore it requirerh a temperance in things hoat and dry, whereby ſleume is digeſted or expelled. To fleumaticke perſons all meats are noy-

are noyfull, which are very colde, viscons or slimy fat, or soone putrifled, eating much and often, specially meates ingendring fleum, which be remembred in the table pceeding. All thinges be good which are hoat and dry, also meates and drynkes which be sowre: Onions also and Garlike moderately bled, bee very commendable: in pure flame not mixt with choler, much bling of salt, specially dyed. Pepper grosse beaten, and eaten with meate, ought to bee with all fleumaticke persons familiar, also Ginger is right convenient, but not to be so frequently bled as pepper, for as much as the nature of pepper is, that being eaten, it passeth through the body, heating and comforting the stomack, not enteryng into the veynes, or annoyng the Luyver, which vertue is not in Ginger. Ginger condite the which we do call greene Ginger, specially condite with suger, if it may be gotten, and also Mirabolanes called Arbuly condite in India, be most excellent remedies agaynst fleame, also the herbes, which are remebred afoze in the tables of digestiues of fleame, and the rootes of Parsley, Fenell, Pies, Ellicampane, and carrotes be very commendable. Exercise twice in a day, the stomack being almost empty, so that sweate begin to appeare, is verpe expediente, clensing of the bodye from all filthynesse with rubbinge and wyppinge oftentimes, wyth washinge, speciallye the heade and partes there aboute, moderate sweating, in hoate bathes or stoues, be to this complexion necessarie, speciallye when they haue eaten and dronken excessively.

### The third booke.

cessiuely. The head and feete to be kept frō cold, and to dwel high and far from mooves, & martines, is a rule right necessary also to abstayne frō eating herbes and rootes not boyled, & generally from all meats which will not be easly digested.

The diuision of melancholy, and the diet of persons melancholicke. Cap. 18.

**M**elancholye is of two sortes, the one is called naturall, which is onely cold and drye, the other is called adust or burned: naturall melancholy is, as Galē saith, the residence or dyegge of the bloud: and therfore is colder and thicker then the bloude. Melancholye adust is in foure kynds, either it is of natural melācholy adust, or of the moze pure part of hē bloud adust, or of choler adust, or of salt fleume adust. But of al other that melancholy is worst, which is ingendred of choler, finally all adust melancholy annoyeth the wit and iudgemente of man: For when that humour is hette, it maketh men madde, and when it is extinct, it maketh men fools, forgetful & dull. The natural melancoly kept in his temperance, profiteth much to true iudgement of the wit, but yet if it be to thicke, it darkeneth the spirites, maketh one timorous, and the wit dull: if it be mixt with fleame, it mortifieth the bloude with too much cold, wherefore it may not bee so litle, that the bloud and spirites in theyr feruentnesse, bee as it were vnbrydeled, wherof do happen vnstabilenes of wit, and slipper remembraunce, no yet so much that bye the wayghte thereof (for it is heauy appprochinge nigh to the earth) that wee  
some



seeme to be alway in sleepe, and neede a spurre to  
 picke vs forward. Wherefoze it is right expedie-  
 ent to keepe that humoure as thin as nature will  
 suffer it, and no to haue to muche of it. But  
 now to the dyet pertainyng to them, whom this  
 humout annoyeth. The knowledge that melan-  
 choly rayneth is oftentimes heavynesse of mynde,  
 or feare without cause, sleepines in the mēbers,  
 many cramps without repletion or emptines, so-  
 dāpn fury, sodāpn incōtinence of the toīg, much  
 sollicitude of light thinges, wyth playnnes of the  
 visage, and feareful dreames of terrible visions,  
 dreaming of darkenes, deepe pities, death of  
 freindes, or acquaintaunce, & of all thinges that is  
 blacke. The meates contentent are they, which be  
 temperatly in heate, but speciallly they that be  
 moyst meates soone digested, and they rather boy-  
 led thē roasted, temperatly mixt with spices, milk  
 boate from the bodder, or late milked, is very con-  
 uenient for that complexion, swete almonds blan-  
 ched, & almond milke, the yolke of reere egges, and  
 finally all thinges which ingender pure bloude,  
 and all that is wrytten in the chapter of age, all  
 these be it for them: wyne thicke or troblous, spe-  
 cially red wyne, meates hard, drye, verpe salt, or  
 soure, burned meate, fryed meate, much biefe,  
 hares fleshy, beanes, rocket, colewortes, musterd,  
 radish, garlike, except there be much wynd in the  
 body, for then it is very holsome, onyons, leches,  
 finally al thinges which heateth to much, kylleth  
 to much, or dryeth to much, also wyath, feare, cō-  
 passion, sorow, much study or care, much tole-

### The third booke.

nesse or rest, all thing that is greuous to see, to smell or to heare, but most specially Darkenes. Whoeouer much Drying of the body, eyther with long watch, or with much care and tossing of the mynde, or with much lechery, or much eatynge and Drynking of thynges that be hoat and drye, or immoderate euacuation, labour, abstinence, thirst, going in the ayre vntemperatly hoat, cold, or drye, all these thynges do annoy them that bee greued with any melancholy. It is to be diligently considered, that where melancholy happeneth of choler adust, there meates which bee hoat in working would be wisely tempered, and Drinking of hoat wines would be eschewed, semblably cautele would be in sauous, notwithstanding moderat vse of smal wyne clere & wel brewed, is heretn verre commendable, & humoure therby being clarified, & the spirites clensed, but the abuse or excasse therof, doth as much damage.

Also it is right expedient, to put into wyne or ale, a gad of Aluee or gold, glowing hoat out of the fyre, to temper hoat meat with roses, violets, saunders, rosewater, boyage Buglosse, baulme, called in latin Melissa, or the water of all thre, broken to good wyne whyte or claret, or made in a iulep with suger, is wonderful holson, chewing of lycorise, or rapsions of corance, is right expedient, but most of all other thynges, myzth, good company, gladnes, moderate exercise, with moderate feeding. And thus I leaue to speake of diets, aply belonging to the 4. complexions.

The

# THE FOUVRTH BOOKE.

## VVHAT CRVDITIE IS

and remedies therfore.

Cap. i.



**L**Will somewhat write of two diseases of the body, which doe happen by the excesse or lack of things caled not natural, wherof I haue spokē before: the one is called crudity, & other lastitude, which although they bee wordes made of latine, hauing no apt english worde therfore, yet by the diffinition and moze ample declaration of them, they shalbe vnderstoode sufficiently, & from henceforth vsed for english. But first it shalbe necessary to consider, what concoction is an alteration in the stomacke of meates & drinckes, according to theyr qualities, whereby they are made like to the substance of the body. Crudity is a vicious concoction of things receiued, they not being wholly or perfectly altered: the cause thereof is somtyme the dissipation of the stomacke, somtyme inflammations, somtyme matter congealed, or impostumes in the stomack, otherwhile ingurgitation of meate and drinke: or for the vicious quality of the same meates or drinckes, or the retaining of them out of order, or lacke of exercise,

Concoction  
on vwhat it  
is.

Crudity  
vwhat it is.

The cause  
of crudity.



## The fourth booke.

of conuenient euacuation, Galen sayth, that in crudity or vitious concoction, it must be considered, as well if the iuice bee vitiously corrupted, and may not bee sufficiently concoct, as also if it be in the way of concoction: for if it be corrupted it must be expelled by sweat or byrre, if it be half concoct, then must such thinges be ministred, as may helpe to profit concoction, hauing regarde to the quality and temperaunce of the iuice, that is to say, whether it be thick or thin, fleumaticke or cholericke: which shalbe perceived by the diet preceedinge, and also by other thinges named not naturall, for fleumaticke meates eaten in greate quantity, or often maketh fleumaticke iurce.

Likewise doth lacke of conuenient exercise, to much rest or idleness, as cholericke meates, and vehement labours, do make cholericke iurce in Sommer, a melancholich iuice in Autumne, specially where laboures be continuall or long during. Also where labour is with much sweate, there is the byrre more grosse: where it is without sweate, there it is thinner. Moreover the colour and substance of the byrre declareth the temperance of the iurce, which shalbe hereafter declared in the table of byrres.

Semblably the colour of the boop declareth the iurce that is in it, for beinge whiter then it was wonte to bee, it signifieth abundance of fleume, being more pale or yelow, it betokeneth excessse of choler, if it be blecker, it signifieth melancholy, if the ill iuice be much in quantity, and the blood litle, the ill iurce would be digested.

and

and expelled w<sup>th</sup> such thinges as do serue for that temperature, but if the bloud be much, and the ill iuyce litle in quantety, there woulde the bayne be opened, and after sufficient bleedinge a conuenient purgation geuen, hauinge regarde as well of the quantite of the iuyce, as of the kynd thereof, in case y<sup>e</sup> either for age or for tymorousnes, a man w<sup>ll</sup> not be let bloud, then must he be purged by slege in more abundaunce.

But if he in whom is litle good bloud and much ill iuyce, and feeleth a lassitude or wearinesse in all his body, he should neither be let bloud, nor receiue purgation, nor yet labour or walke much: but abide in much quiet, and assaye to sleepe much, and receiue such meats, drinckes and medicines, which do extenuate or make thin, cut, and digest grosse humors, without vehement heate, whereof it is w<sup>ritten</sup> in the table of digestiues: in the number of whome is Oximell, beynge well made, or Acetosus simplex, where the iuyce is much cholerick or melancholicke. Semblably, capers with oyle and viniger be praised of Galen. Whē there appeareth in the vyne a ressidēce lyght and whyte, then wine whyte or claret moderately taken, helpeth to concoct, maketh a good iuyce, and prouoketh vyne, then increase frications & exercise by litle & litle, & then let him return to his naturall dyet. In whom is aboundaunce of raw iuyce, and outwardly feeleth a lassitude, to them Galen counsaileth, the second or thirde day to geue meate, wherein Ilope is boyled and afterward to vomit.

## The fourth booke.

The meane to escape crudity, is to be diligent in obseruation of the counseles befoze written, concerning the thinges called not naturall, not much vsing meates that be very hard to concoct, also fat meat, and meates long kept, also corrupted, Sinking, sweete frutes, and banquetting dishes, hasty feeding without good chewing, also much or very oft drynking at meales, very much heate or very much cold, after meate.

Furthermoze it must be considered, that all thinges which bringeth griefe to the body, is ingendred either of to much abondance of iuice, or of the vicious qualite thereof. He that is sick of abondance, the dyet, of him whole consisteth in reducing the iuice to a conuenient quantity, Hee that is greened with the vicious qualite of the iuices, his order resteth in making the iuices equall in tēperature. Moreover: wher that which passeth out of the bodye, is lesse then that which is receiued into the bodye: there happeneth sickness which commeth of abondance, in the which case it ought to be diligently forserne, that there be obserued a conuenient meane of meates and drynkes, in respect of that which is expelled out of the body, which may be done, if the quantity of each of them be wisely considered. And where abondance is, there the quantity, or quality, or both be tempred.

Alway remember that of crude iuice be diuers kynds, some be cold and fleumaticke, some be hot and cholericke, oither be moze thin and watry, some of black choler, or melancholick. They  
which



which do abounde in any of them, must abstayne from such meates and drynkes, which do ingender such iulce, as doth annoy them: those meates and drynkes be declared in tables proceeding.

Actius sermonc. 9.

Actius also woulde that hee shoulde drynk a draught of cold water, affirminge that thereby the stomack being corroberat, driueth out of him downe into the bellye, that which cleaueth fast to it. I my selfe vsing to drynke fasting, verge small biere or ale, when I haue bene in that case, haue founde ease by it. Paulus Aegineta willet that at the beginning, the legs and armes, should be rubbed with a course linnen cloth, the legges downeward to the feete, the armes to the toppes of the fingers, & when they be wel chased, then to rub the again w<sup>th</sup> some oyle, & doth open the pores and discusse the vapors, as oile of Camomil, oile of a nase, and other like, he prayseth much Mulse, or the water of hony, specially if some Isope be boyled in it. Galen and all other do agree, that in this case pepper bruised and eaten with meate, is very expedient. And where ther is much wind in the stomacke, then to eat all times of the daye, of the medecine made of the thre kindes of pepper, tyme, annise seede, and hony clarified, which is called Diatrion piperton, or that which is called Diaspoliticon, or Diapiganon, which is made of Cummine, steeped one day and a night, or longer in tart viniger, and after fryed or layde on a burning hot ston, and made in powder, also pepper & rue dyed somewhat, & made into powder all in equall portions, & mixt with clarified hony,

## The fourth booke.

hony, Galen addeth thereto salt peter called in latin nitrum. The confecton made with the iuyce of quinces, and is called Diacridonton, is verie excellent. But it is to bee diligently noted, that where crudity is in a cholericke person, there would the sayd medecines be temperatly vsed, & the sayde Diacridonton to haue litle or no spyes in it. And for my part, beinge of a cholericke humour mixt with fleume, many yeares continually in crudity. I neuer found any thing better the fine Rewbarbe chewed w<sup>th</sup> raysons of correns, which I tooke by the counsel of the worshipfull and well learned Phisition, maister doctor Augustine, who in his manners declareth the gentlenesse of his auncient bloud, which medecine I do not leaue to vse daily fasting when I feele some crudity to begin. Also cyrope acetos, that is to say, sugar sodden in pure viniger, and litle water, vntill it be thicke as a syrupe, is sometyme conuenient, and that as well to cholericke persons as vnto fleumatick, & if fleume be abundant, then with rotes and sedes of fenel & partely sodden with it. Also in y<sup>e</sup> case Oximel, y<sup>e</sup> is to say, hony and water sodden together with the said rotes and seedes, & a quantery of viniger put thereto in the boyling is very commendable. If the paciēt be very colliue, then the medecine of Galen called Theraprica, from halfe an ounce to an ounce taken in water of hony or ale, or taken in pills, the wayghte of a groate, and a halfe, or two groates, if the stuffe bee good, will purge the bodye sufficientely, without makinge the  
bodye

body weaker. Also that medicine by clesning the  
Stomack and body, deliuereth a man and woman  
from any perillous sickenesses.

If the humors in the Stomack be not putrified,  
but that it is greued with aboundance of salte  
serume, I haue found that milke new milked,  
wherin is put a quantity of good hony or sugar,  
and thre leaues of good speare minies, and a  
little boyled, so being dronke warme fasting, the  
quantity of a pynt, and resting on it without ea-  
ting or drynking any other thing the space of 3  
houres after, haue aboundantly purged and co-  
forted the Stomacke, but where there is no serum  
but onely choller, it is not so holefome, but rather  
hurteeth, making fumosities in the head, wherof  
commeth headache.

Of distillations caled commonly rheumes,  
and of some remedies agaynst them  
right necessary. Cap. 2.

**F**OR asmuch as at this present tyme in this  
Reaume of Englands, there is not any one  
more annoyance to the health of mans body, then  
distillations from the heade called rheumes, I  
will not let to write somewhat of them, whereby  
men may take benefit if they will, although some  
distillations more considering theyr market, then  
their duty to God & theyr cōtry, will be neuer so  
much offended with mine honest enterpryse.

Distillation is a dropping downe of a li-  
quid matter out of the head, and fallinge either  
into



## The fourth booke.

into the mouth, or into the noſtrilles, or into the eyes, & ſometyme into the cheekes and eares: that which falleth into the mouth is receiued of the throat, into that part which is the inſtrument of the voyce, which at the firſt maketh horrenes, and in proces of tyme, maketh the voyce litle, and vncath to be heard. And if the rheume be ſharpe, it rayſeth the inward ſkynne of the throte, and ſometyme it doth exulcerate the lunges. If it doth fall into the ſtomacke, the rheume being a colde, it altereth the bodie into a colde diſtemperance, if he be hoar, it maketh a hoar diſtemperance, and doth ſomewhat exulcerate in proceſſe of tyme, and at the beginning abateth appetite and maketh feeble concoction. The cold rheume maketh concoction ſlow, and alſo crudity, and ingendureth 4. fumes in the mouth. If it be corrupted it turneth alſo noyſhment vnto corruption, which maketh vphrayding ſumiſh or ſharpe, or of ſome ill quality, which cannot be expreſſed if the matter do diſcend lower, it tormenteth the guttes called ſelintum, & colon, and toucheth other veſſels thro which procedeth digeſtiō: in this diſeaſe. 2. thinges are to be prouided for: firſt to let the reume do not diſtil into the ſayd places, or if it hath don, that it be ſwiftly expelled from thence.

Fiſt to let that it ſhall not diſtil, it ſhall be neceſſary to eate ſome meate the ſooner in the morning, if there hath not proceeded repletion.

Where the temperature of all the bodie is chole-rich, & the ſtomacke is weake, the ſtomack would be made ſtrong with ſuch thinges as of their proper.

property do comfort the Stomacke, forseene y they bee moderately colde and moist. And that which is already fallen into the Stomacke, must bee expelled with vomite or Sege, prouoked w woozewood, steeped all one day and a night, in a little small whyte wine, or small ale or Ale, which haue vertue only to wipe away the filth from the Stomacke, but if it be sucked depe into the filths of the Stomacke, then is it better to take the medicine called *Hyperapicra*, either in powder with drinke warmed, or els in pilles, to the number of 5 or moe, in the morning 6 hours before any other meate or drinke taken, afterward to annoint the mouth of the Stomacke with oyle of *Masticke* or *Cardium* temperatly warme, alway if a hot rheume do fall into a hoat Stomack, then meates and drinkes which be clode in vertue, woulde onely be vsed, where the Stomacke is dissempered with heat, and the rheume distilleth into a colde head, there is the discriasse hard to be cured: And they which be so affect or diseased, must take such thinges as may dissolue the fleame, and cleanse the Stomacke without heatinge thereof, of the which vertue we know *Oxymel* to be of.

If the Stomacke and heade bee both dissempered with cold, then must be vsed meates, drinkes and ornimentes, which onely be hoate, and bitterly to forbear all that is colde.

By these distillations or rheumes, happeneth many other greuous diseases, besides those whereof I haue spoken, as in the head whynnges, called in latine *Vertigines*, sodayne soundnges,

## The fourth booke.

dinges, falling sicknesse, pooles, sinking of the nose, called polipus, soares in the mouth, toothache, pinne and webbe in the eyes, bulnes in hearing, squinces, fretting of the bowels, with fluxes, shortnes of breath, griefe in the heart, Palsies, ache in the muscles & ioyntes, wherefore it is not to be neglected. And I do much meruaile that our Physicians do not more audiously prouide therfore remedies. I my selfe was by the space of foure yeres continually in this discriasse, & was counsailed by diuers physicians to keepe my head warme, & to vse Diatrion piperion, and such other heaty things as I haue reherseed: at the last feeling my selfe very feeble, & lacking appetite & sleepe, as I happened to read the booke of Galen, De temperamentis, which treateth de inequali temperatura, and afterwarde the 6. booke, de tuenda sanitate, I perceiued that I had bene long in an error. Wherefore first I did throw away my quilted cap, and my other close bonets, and onely did lye in a thyn Coyse, which I haue euer since vsed both wynter and sommer, & wore a light bonet of beluet onely, then made I Oxi-mell after the doctrine of Galen, sauing that I boyled in blueger rootes of parsley & fenell, with Endiue, Cicory, and Betany, and after that I had taken it 3. dayes continually, every day 3. spoonesfull in the morning warme: then tooke I of the same oximell, wherein I haue infused & stieped one dramme of Agarike, & halfe a drame of fine Reubarbe, the space of 3. dayes and thre nights, which I receiued in the morning, eatinge



ting no meate fyre houres after, and that but a  
 litle brothe of a boyled henne, whereof insued  
 eight Crooles abundant of choller and fleum: sone  
 after I slept soundly, and had good appetite to  
 eate. After supper I woulde either eate a fewe  
 colliander seedes prepared, or swallow down a li-  
 tle fine mastix, and soz bare wine, and dranke on-  
 ly ale, and that but litle stale, and also warmed.  
 And sometyne in the morning woulde take a par-  
 fume of Storax calamita, and now and then I  
 woulde put into my nosethylles eyther a leafe of  
 greene Laurell, or betany, or water of marierom  
 bzused, which caused the humoz to distill by my  
 nosethylles. And if I lacked Storax, I tooke soz  
 a parfume the rindes of olde rosemary and but-  
 tered them, & held my mouth ouer the fume, clos-  
 ing mine eyes: afterwarde to comfort my Cos-  
 mache and make it stronge, sometime I woulde  
 eate with my meate a litle whyte pepper grosse  
 bzused, sometyne Galens electuary made of the  
 iuice of quinces, called Diacridonion, sometime  
 marmalade of quinces, or a quince roasted.

And by this diet I thanke almighty God, vna-  
 to whom only be geuen al gloze, I was reduced  
 into a better state in my stomache and head, then  
 I was xvj yeares before, as it may appeare vna-  
 to them, which haue long knowne mee.

¶ And this haue I not wrytten for vayne gloze  
 or of presumption, but to the intent that they  
 which haue theyr bodies in like temperature as  
 mine was, that is to say, beinge cholericke of  
 complexion, and hauing rheumes falling out of

a hoar

## The fourth booke.

a hoat head, may if they list assay mine experierce, or in the Steele of my sayd infusion, take Hieraspica, with ale or water to pouрге them, whereof shall not insue so much perill, as of corrupted syrups, and other cōfections called Magistrates, made with olde rotten drugges, though the phisitions be neuer so well learned. In bodie of o- ther temperature, I would not that mine experience shoulde bee practised but with discretion, tempering the medicine, as the qualittes of the stomacke and head do require, remembryng al- way that hoat rheumes be thin and subtil, colde rheumes be for the most part thicke. Also y they which be thin, would be made thicke, that they pearce not so fast. And that they which be thich, would be made thin, that they may the sooner be purged. Finally this dare I asseyne, that the rheumes, which of late time haue bene more fre- quent in this realme, then they were wont to bee xl. yeares passed, haue hapned of none occasion more the of banquettings after supper, & drinke- ing much, specially wine a little after sleepe. An other thing is the keeping the head to hoat or to lōg couered, whereby y brayn, which is natural- ly cold, is distēpered w hoat vapors ascending frō the stomack, those same vapors being let to euā- porate, or passe forth out of the head, & therefore be cōcreate or gathered into humoz superfluous, which stilleth downe ekstones out of the head in- to the places before reherfed. Yet now a daies if a boie of 7. yeares of age, or a young man of 20 yeares, haue not 2. cappes on his head, he & his friends

friends will think & he may not continue in health.  
 And yet if the inner cap bee not of velvet or sat-  
 tyne, a scrving man feareth to loose his credence.  
 A person, vicar, or parish priest, by vsing theire  
 beliquet cappes imbraudred with laces, do make  
 some men thinke that they bee ashamed of theire  
 crowns, that late toke of the order of priesthood,  
 the which notable abuse, I much maruaile that  
 the bishops wil suffer. specially they which haue  
 had leasure to reade the workes of S. Cipriane,  
 S. Hierome, Crisostomus, saint Ambrose, and  
 sundry decrees made by the old fathers concerning  
 the honest vesture of priestes, which although  
 it seems a light matter to some men, yet it aug-  
 menteth or minisheth not a little in priestes, the  
 estimation of theire conditions. Salomon confir-  
 ming the same, saying: The garment, the gate, &  
 laughter of a man declareth what hee is. But  
 this matter wil I leaue to an other place, where  
 I intend to speake more abundantly of it; if it  
 be not the sooner amended. Now to conclude, as  
 long as the said occasions continue, so long men  
 shal not be without rheumes, although they were al  
 perfect physicians.

By vyhat tokens one may knowv vwhether the  
 stomacke, and head be hoat  
 or colde.

**N**owe to retourne to the remedies agaynst  
 the sayde annoyance, whereof happeneth so  
 many greate sickneses, I will be bolde to



## The fourth booke.

waite a while out of the woorkes of the most famous and expert phisitions. Firste the cause of the rheum must be digested, after expelled, thirdly diuerted, that is to say, turned from the eyes or throte into the nose, from whence it maye be more easely purged. Fourthly it may be stopped that it shall not distill. In hoat distillations the head is very hoat, in feeling the rheume being in the mouth, he is thin and warme, the tongue or cheekes within blistered, the face somtyme redder then it is accustomed to be, somtyme a burning within the nose. To them which haue this hoate rheume, may be geuen the seebe of white Popp. Diacodion made of the heads of white Popp & rayn water. Anplum with mylke, if there bee no feuer, penides, mallowes, orage, gourdes, and spynage, boyled and eaten with oyle of almonds, syrope of violets, nenuphar, or the wine of sweet pomegranates, the water of a great Cucumber, boyled with a litle sugar beyng drunk, both mitigate, choler, stoppeth the rheume, and easly looseth the belly, the seedes of mylones brayed in a morter with water, and drayned with soft bread hauing sugar put to it, maketh an excellent good meate agaynst the hoat rheumes, plaisters made of barley brused, violets, poppe and Camomyl boyled in water, wherein sponges or linnen clothes be dypt, should be layed on the head, and the genitoies or legges therewith washed.

If the sicke man cannot sleepe, then the sayde partes with the belly and fundament shalbe anointed with the Oyles of violettis and Nenuphar,

phar, the sauour of Campher in roselwater, with  
 violets is good in that case. Galen exhorteth, and  
 I haue proued, that in a very hot rheum, which  
 hath stilled fast, the powring of cold water vpon  
 ones head, had stinted the rheume. Her that  
 is therein diseased, must eschew going in y<sup>e</sup> line,  
 or to come nigh a great fyre, or to stand, or be long  
 covered, or to weare much on his head, he must  
 rest much, and prouoke himselfe to slepe a night,  
 but not very long, and to lye on the one side on a  
 hard bed, hauing his head highe, also rubbing of  
 his Legges before meales, is very hollesome.  
 Colde rheumes be perceiued by coldnesse of the  
 humors and head, with palenes of the visage, all  
 cold thinges increasing the rheum. These things  
 are good agaynst it, the decoction of Cicer with  
 hony and rasing, fiber de nuttes tosted, and eaten  
 after meales, nothing is more hollesome then ab-  
 stinence, specially in the Eueninge, they which  
 haue it, must beware of Northeren Wyndes,  
 the Mooneshyne by night, washing in colde wa-  
 ter, and to bee longe bareheaded. The seedes  
 of Nigella a liette tosted, and put into a peece of  
 thinne Sarcenet, and smelled vnto, stoppeth the  
 Rheumes.

Needinge in the beginninge of Rheume, is  
 disprayed of Galen, but after that the matter is  
 digested, it is very hollesome: that may bee made  
 with leaues of laurel, or betony put into the nose:  
 thitts, the turce of colewortes, the rootes of red  
 beetes, water of Maorham. A priet medicine for  
 that purpose proued. The turce of young beetes

## The fourth booke.

and Malozam of euerych one ounce, good white wyne eyght ounces, saffron the weyghte of two pence, that being bette and taken in the mouth, shalbe drawen by with breath to the place, wherby the distillation falleth out of the nose into the mouth. And if the rheume do distill into the cheekes and teeth. I haue proued, that the iuice of ground Iule, and that herbe which were call Houle eare taken within a quille into the nostrilles, oftentimes poureth exceedinglye the rheumes, and taketh away the ach of the teeth.

Gargarising, if it be not discretly vsed, may do more harme then good, byrning downe much abundance of matter vndigested, but take in order with water, hony and pepper, or with Aloe and figges boyled in white wyne, and taken very hoate in a gargaryse is right conuenient.

For compassion which I haue of them that be vexed with toothach caused of rheumes, I will by the leaue of Whistons, conclude this chapter with an excellent medecine agaynst the said passion, which is wrytten of an honourable Physician of late yeares, which medecine also maketh the teeth fast which be loose, and also stoppeth the superfluous bleedinge of gummies, wherewith the breath is made vnsauery.

Take the ryndes of Ceper rootes, the rootes of hymbles, which do beare blacke berries, the flowers of Pomegranets called balastia, of euery of them, the wayght of two ducats, peliores of Spayne one ducate, seede of white hennane, the ryndes of mandrags, of euery of them  
one



one ducate and a halfe, spourge of the gardeins  
 one handfull, a lume of the rocke two ducates,  
 boyle all these in whyte wyne oz claret, which is  
 betp rough in tast, and strayne it therewith, let  
 the pacient oftentimes wash his mouth. Albeit  
 I will counsaile them which wil take this mede-  
 cine oz any other, first to purge the cause of the  
 rheumes, as before is rehearsed, oz in any other  
 wyse, as they shall be counsailed by wel learned  
 and discrete Physicians.

## Of lassitude Cap 3.

**L**assitude is a disposition towardes sicknesse,  
 wherein a man feeleth a sozenes, a swelling,  
 oz an inflammaton. Sozenes happeneth of hu-  
 moures sharp and gnawing, as after greate ex-  
 ercise and laboures, which lassitude happeneth  
 to them, whose bodies are full of ill iuice and  
 excrementes. Also after crudity in them which  
 are not exercised, oz do abide long in the heate of  
 the sunne. It may also bee in the bodye wherein  
 is good iuice, if he be fatigate w<sup>th</sup> immoderate ex-  
 ercise. In them which do feele this lassitude, the  
 skin appeareth thicke and rough, and there is  
 felt a griefe sometime in the skynne onely, some-  
 tyme also in the fleshe, as it were of a soze. The  
 cure thercof is by much & plesant rubbing w<sup>th</sup>  
 sweete oyles, which haue not the vertue to re-  
 strayne oz close, and that with many handes, and  
 afterwarde to exercise moderatly, and to be bay-  
 ned in water sweete and temperate in heat, also  
 then

Aetius. li. 3.

Galen de  
 ruenda sa-  
 nitate. li. 3.

## The fourth booke.

then must bee geuen meates of good surce, potage but seldome, wine is not to be forbidden, for vnto wine vnto any thing may bee compared, that so well digesteth crude humours: it also prouoketh sweate and vyne, and maketh one to slepe soundly. But if this lassitude do abide the night and daye following, or waxeth more and more, then if the patient be of good strength and yong, and hath abundance of bloud, let him be let blood, or prouoke the hemeroides or pilles to blede if they do appeare.

But if it proceede of the malice of any humoure without abundance of bloud, then resorte to purgations apt for the humoure that greueth. The tokens wherof shal appeare as wel by the colour of the skyn and dyet proceeding, as by vyne, or dure, sweate, thirst, appetite, as it is rehearsed before in the complexions. If the ill bloud be little in quantity, and the crude humours abundant, then shall hee not be let bloude, nor vehemently purged, neither shall exercise or moue himselfe, or be bayned. For all exercise carryeth humours throughtout all the body, & stoppeth the powers: wherefore these manner of persons should be kept in rest, & such meates, drinks, & medicines, shuld be geuen to them which should attenuate or dissolue the grossnes of the humours without notable heate, as Oximell, barley water, & melle, if the patient abhorre not honey. And soasmuch as in the sayd persons commonly there is abundance of wynde about the stomackes, therefore Pepper specially long pepper or whyte is very conuenient to

## The fourth booke.

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apt to be vsed, & the medecine before wyrtten, called diaspoliticum. When the humours are dissolved, then is it good to drynke whyte wyne, or smal claret wyne moderately.

### Lassitude extensue. Cap. 4.

**V**hen one thinketh he doth feele a swelling or boyling of the body, where indeede there doth not appeare in sight or touching any swelling that is called lassitude extensue, if it happeneth without exercise, or behement mouing: this doth happen of excessiue multitude of humours, which do extend the muscules or filles. In this no sozenes is felt, but onely an heauines with extention or thursting out of the body. And because that ther is abundance of blood in the body, best remedye is to bee let blood aboute the elbowe or ancle, after to be purged, then to vse soft freccles w<sup>ch</sup> cyles afoze rehered, afterwarde much rest and temperat bathes, and meate lacking sharpenes and beyng absteriue.

### Lassitude, yvith the feling of inflammation. Cap. 5.

**I**f without any mouing, the muscules & flesh arise by<sup>nd</sup> the body as it swelleth w<sup>ch</sup> great payne & exceding heate, then sone after followeth most hoarrest fevers, except it be prevented by lettynge

of

of



## The fourth booke..

of bloude and that in abundance, and almost to  
sowning but it were more sure to bee let Bloud  
wyse in one day, the first tyme without sown-  
ing, at the next time sowning is not to be feared  
If the griefe be in the necke or heade, the bloud  
must be let of the veyne called Cepheles, or the  
shoulder vein. If it be in the bulke or vppermost  
parte of the body, then muste the veyne bee cut,  
which is called Basilica, or the innermoste  
veyne. If all the body bee greued, then cut the  
veyne which is called Mediana, or the myddle  
veyne. If a feuer remayne after bloude lettynge,  
then order him with the dyete of them that haue  
feuers, which ye shall finde wyrtten hereafter.  
If no feuer remayne, then vse moderate fricas-  
ses and litle eating, and that of meates hauing  
good iuyce, increasing by litle and litle to the  
naturall diet.

Diet of them that are ready to fall  
into sickenes. Cap. 6.

**N**OW to retourne elssoones to speake of diet,  
it is to bee remembred, that they which are  
ready to fal into diseases, they are prepared ther-  
vnto either by repletion or superfluous humours  
or els by cruditye, or malice of humours which  
are in them. As touching the firste, the gene-  
ral dyet must bee such, as thereby the humours  
may be attenuate, and by conuenient euacuation,  
brought to a moderate quantity.

As for the second must be corrected with mea-  
tes and drynkes of contrary qualittes, haupnge  
alway

alway respecte to the age of the person, time of the yeare, place of habitation, and most specially the vniuersall complexion. For choller offending in an olde man, in winter tyme in a cold countrie, or the person being of his naturall complexion, fleumarick or melancholy, would not be so assidually expelled or subdued, as if it be in one yong and lusty, in the heat sommer, in the countrie where the Sunne feruently burneth, or the person of his proper nature is very cholericke.

And in likewise contrary. Wherefore euery man knowing his owne naturall complexion, with the quality of the humour that offendeth, let him make temperance his chiefe cooke, and remembryng that which I haue before declared, ordayne to himselfe such diete, as may reforme the offence with none or little annoyance to his vniuersall complexion. And if hee can so doe, he shall happily escape, not onely diuers sicknesses, but also the most pernicious danger, proceeding of corrupted drugges or spices, whereof some couetous Physicians doe make medicines, maugre the heads of good and well learned Physicians.

Sicknes most common to peculiar times  
of the yeare and ages. Cap. 7.

**A**lthough I doe not intende to write of the cure of egreitudes or sicknesses confirmed, as well because it mighte be reputed to mee a greate presumption, as also forasmuch as it were verie perillous, to divulgate that  
nobis

## The fourth booke.

noble science to common people, not learned in  
liberall sciences and Philosophie, which be re-  
quired to be sufficient in a Physician. And  
moreouer many bookes of Hypocrates and Ga-  
len ought to be read, befoze that one do take vpon  
hym the generall cure of mens bodies, yet not-  
withstanding I trust I maye without any note  
of arrogancy wyte, what diseases do most com-  
monly happen in sondre tymes of the yere, and  
ages of men and women, with some signifi-  
cations, whereby the discriasse or disemperature of  
the body is perceiued, to the intent that the Phy-  
sition being far of, may be truly enformed, con-  
sidering y<sup>e</sup> byrnes farre caried do often deceiue  
them, and likewise lack of the sight of y<sup>e</sup> patient,  
and inquisition of thinges which do proceede or  
follow the sickness. And with this I trust none  
honest and charitable Physician wilbe offended,  
but rather geue to me thanks for my diligence,  
in the aduancing of theyre estimation, which by  
lacke of perfect instruction hath bene appayred.

### Sicknesses of spring tyme.

Diseases proceeding of melancholye, as madnes,  
falling sicknesse, bleedings, squinces, poses,  
boarcenes, roughes, lepryes, scabbes, ache in the  
iointes.

### Sicknesses of Sommer.

Many of the sayde diseases, also feuers, conta-  
gious



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puall hoat feuers, feuers tertiane, quartayne, vomitter, fluxes, watering of eyes, paynes of the eares, blisters and soares of the mouth, and sweatings.

### Sickenesses of autumn.

Dyers of Summer sicknesses, also optimizations of the spleene, dropsies, consumptions, strangitions, costringes, age in the buckle bones, shortnes of wynde, frettinge of the bowels, falling sickness, and melancholike diseases.

### Sickenesses of winter.

Stiches and griefes in the sides, inflammation of the lunges, rheumes, coughes, paynes in the breast, sydes, and loynes, headach, and palseies.

### Sickenesses happening to children.

When they be new borne, there do happen to them sores in the mouth cald Aphis, vomiting, coughes, watching, fearefulness, inflammations of the naue, moisture of the eares.

When they breede teeth, itching of the gummies, feuers, crampes, and laskes.

When they waxe elder, then be they greued with kernels, opennes of the mould of the head, shortnes of wind, the stone of the bladder, wormes in the belly, waters, swelling under the chyn, and in England commonly purpilles, measles, & small poxes.

Sicke

## The fourth booke.

Sickenesses happening to young men from  
14. yeares of age.

Feuers quotidian, tertiane, quartayne, hoast fe-  
uers, spitting or vomityng of bloud, pluresies,  
diseases of the spdes, inflammation of the lunges,  
icthargies, fransie, hot sicknesses, cholerick pas-  
sions, costuenes of vehement labes.

Sicknesses of age.

Difficulty of breath, rheumes with coughes,  
Oranguillon, and difficulty in pissing, ache in the  
toyntes, diseases in the reynes, swimminges in  
the head, pellets, tickling of all the body, lack of  
sleepe, moisture in the eyes and eares, dulnes  
of sight, hardnes of hearing, ticknes or short-  
nes of breath.

Although many of the sayd sicknesses do hap-  
pen in euery tyme and age, yet because they bee  
moſte frequented in the sayd tymes and ages, I  
haue written them to thintent that in the ages &  
tymes most inclined vnto them, such thinges  
might be then eschewed, which are apt to ingen-  
der the sayd diseases.

The generall significations and tokens  
of sicknes. Cap. 8.

If the body be hotter, colder, moister, dryer, less  
ner, fuller, the colour more pale or swarte, the  
eyes more hollow thā is accustomed to be, it sig-  
nifieth that the body is disposed to sickness, or al-  
ready sicke.

The

The braine  
sicke.

Rauinge.  
Forgetfulnesse.  
Fantasie.  
Humours comming from the  
route of the mouth, the  
Eyes, the nose, or the  
eares.  
Watch.  
Sleep.

The heart  
sicke.

Difficulty of breath.  
Trembling of the  
heart.  
Beating of the pulse.  
Fievers.  
Colde.  
Diuersity of colours.  
Griefe about the  
heart.

The Lyuer  
sicke.

Lacke or abundance of  
humours.  
The fourme of the body altered.  
Palenesse.  
Concoction.  
Digestion.  
Alteration of excrementes  
accustomed.  
Payne in the place of the lyuer.  
Swelling.  
Difficulty of breath.

The



## The fourth booke.

Concoction slow or quicke.

Appetite of most or byr, dull or quicke.

Separation of excrements moist, or hard with the colours.

The stomack  
sicke,

Regning.

Reiching.

Glomiting with payne and difficulty of breath.

Eyene much or little with the colour & substance to red, or to pale, to thicke, or to thinne.

The breast  
sicke.

Difficulty of  
breath.

Cough.

Spitting.

Deyn in the breast.

This haue I writtten not to geue iudgement therby, but onely for the patient to haue in a readines, to thintent that whatsoeuer hee feeleth or perceiuech in euery of the sayde thinges, therof to instruct his phisition whereunto he may ad-  
opte his counsaile and remedies.

Of vrines. Cap. 9.

FOasmuch as now a dayes the most common iudemente in sickness is by vyynes, which being far carped, or much moued, or standinge long, after that it is made, the fourme thereof is so altered, that the phisition shall not perfectly perceiue

perceiue the naturall colour nor contentes, although it be neuer so well chaufed at the fyre, as A. Ruarius & other great learned men do affirme.

I will therefore somewhat speake of byrnes, not so much as a phisition knoweth, but as much as is necessary to euery man for to perceiue the place and cause of his grieue, whereby hee may the better instruct the phisition.

¶ First in byrne 4. thinges are to be considered, that is to say, the substance, the colour, the regions or parties of the byrne, and the contentes of thinges therein containd.

¶ Also forasmuch as in the bodie of man bee 4. qualities, heate, colde, moysture, and dryth, two of them heat and cold, are causes of the colour, dryth and moysture, are causes of the substance. Moreover in byrne, being in a vessell apte to be seene are 3. regions. The lowest region is the bottome of the byrnal, containing the spaces of two fingers or little more. The middle region, from whence the lowest ended vnto the cyrcle. The highest region is the cyrcle.

The highnes of the colour signifieth heate, the pale, blacke, or greene, signifieth cold.

Also the grossenes or thickness of the byrne, signifieth moysture, the cleerenes or thinnes, signifieth dryth.

### The coloures of the vrines.

Coloure of byrht gold.	} Perfect diges- tion.
Coloure of yel.	

Red

## The fourth booke.

Red as a red apple or chery. }  
 Base redde, like to a bole ar- } Excesse of dige-  
 menske, or saffron dy. } stion.  
 Red glowing like fire.

Colour of a beastes lyuer. }  
 Colour of darke red wine. } Adustion of hu-  
 Greene like to colewortes. } mours.

Leadie colour. }  
 Blacke as inke. } Feeblenes or mortification  
 Blacke as horn. } of nature, except it bee in  
 purging of melancholy.

White cleare as water. }  
 Gray as a horne. } Lacke of dige-  
 White as whay. } stion.  
 Colour of a Camels  
 beare)

Pale like to broth of }  
 flesh sodden. } The beginning of dige-  
 stion.

Citrine colour or yellow. }  
 Subcitrine or paler. } The middle of di-  
 gestion.

White and thinne betokeneth melancholy to  
 haue dominion.

White and thicke, signifieth fleume.  
 Red and thicke, betokeneth sanguine.

Redde and thinne betokeneth chollet to haue  
 the soueraynty.

The



## The substance of the vrine.

## Cap. 10.

**A**T the first pissinge all byrnes well nigh doe appeare thin, as long as they do abide warme for naturall heat, during the time that it prevaileth, suffreth not that the licour which is the substance of the byrne, to congele or be thicke for any occasion, but after that heat is gone, some byrnes shortly, some a longer time after waxe thicke. Likewise sometyme some are pissed thicke, and after waxe cleere, some remayne still as they were made, some be metely thicke as they were troubled, some very thicke and grosse. They that waxe cleere soone doe gather that which is thicke into the bottome of the byrnall, some remayne troubled, the grossenes notwithstanding gathered in the bottome. Semblably the diuersity of thine or subtill byrnes must be perceived, that is to say, that some are very subtill, as water, some lesse subtill, some in a meane betweene thicke and thin.

Of things contayned in the byrne, some doe disceend downe to the bottome, and bee called in a greeke word Hipostasis, in english some call it the groundes, some the residence, which if it bee white, light rising vp fro the bottome of the byrnall, like a peare, it signifieth health, if it be of any other figure or colour, it bitokeneth some annoyance. If like things be scene in the middle of the byrnall, they be called sublations, if they approache vnto the highest region of the byrne,

## The fourth booke.

they be named cloudes, in latine Nebula. The groundes or residences not perfect, some is like litle red betches, and is called in latine Orobea, some is like to bzanne of wheat ground, and severed from the meale, and is called bzanne residence, in latine Furfurea, some bee like unto plates having bredth and length without thickness, and may bee named platie residence, in latine Laminea, some is like to meale, wheate, or barley, and may be named mealy residence, in latine Similacea.

There is also scene in the hyne lyke to white bappes, some longer, some shorter, sometyme like to ragges somewhat red. There is also scene in the uttermost part of the hyne, sometime a some of froth, sometyme belles or bubbles, sometime there swimmeth in the hyne, a thing like a cobweb, otherwhile there is about the cyrcle, as it were the renting of cloth, sometime there is in the hyne like mores of the sunne, sometyme like the matter of a soze, otherwise like the sede of a ma, also gravel or sand. And in these thinges may be diuers coloures, some white, some red, some betwene both, some yelow, some gray, & some black. All this must be diligently marked, and therof seperately to aduertise the phisicion, vnto whom I refer the iudgement of the sickenes, for the cause afoze rehearsed, and for as much as the iudgement of them is very schull.

22. Semblably of ordure whether it be very thin or very thicke, what other matter issueth out with it, what colour it is of, the saunour very great

great, little or none if it were easily expelled, or paynefully, how oft or how seldom.

Moreover of sweate what colour it is of, and of what sauor, if in tasting it be salt, sow, bitter, or vnswaury.

Also the vomit if it be of one colour or many, if it do smel horribly, of what humour it had most aboundance, if it were fasting, or after meales, if it were paynfull or easie.

Likewise spittle whiter it bee thicke or thin, or mixt with blood, or matter corrupt, accordinge to the humour issuing out at the nose, and if that bee bloudy, then whether it bee red, watry or blacke.

Moreover it may not be forgotten, to aduertise the Whistion of the diet vsed by the patient, as well afoze the sickness, as in the tyme of the sickness, his age, the strength of his body, his exercise and place, where hee longest abode in his youth, whether it were high or lowe, watry or dry, hoat or cold.

This I trust shall bee sufficient to instruct a physician, he that desireth to know more particularly hercof, let him read the bookes of Hippocrates, Galen, Cornelius Celsus, Actuarius Paulus, and diuers other late writers, for this little treatise may not receiue it.

¶ It:

The



## The fourth booke.

The precepts of the auncient phisition Dio-  
cles to King Antigonus.

Cap. 11.

**V**Ve will now deuide the body of man into 4.  
partes, the heade, the bulke called in latine  
Thorax, which containeth the brest, the sides, the  
stomack and entralles. The belly, called in latine  
Venter, containeth in the paunch & bowells. Also  
the bladder called in latine Veslica, in the which  
name, is also contained & conduits by the which  
vryne passeth. When any disease approacheth to  
the head, these tokens doe commonly proceede,  
swimming in the head, headache, heauines of the  
browes, soundin g in the eares, prickling in the  
temples, the eyes in the morning doe water or  
waxe dim, the smelling is dul, the gums do swell.  
When thou seeest such tokens, forthwith purge  
the head with somewhat, not with behement  
medicines, but taking isope or organum, and the  
crops of them boyle with white or claret wine  
halfe a pint, and therewith gargarise your mouth  
fasting, vntill the fleume be purged out of your  
head: this is the easiest medicine in diseases of  
the head.

It is also very holesome to gargarise the mouth  
and brest with hony water, whereunto mustard  
is put & mingled, but first the head must be rub-  
bed with a warme cloth, & the fleume may easily  
come out of the head. And if these tokens be neg-  
lected, these maner of sicknesses doe follow soon  
after, bleared eyes and humors letting the sight,

cloudes

clestes in the eares, swellings in the necke full of matter called the kinges euill, corruption of the bzapnes, poses or rheumes, heauntes of the head, and toothache.

When the bulk is like to suffer any sicknes, it is perceiued by these tokens, all the bodye is in a sweate, the spiele is cyther salt or bitter, or cholericke, the sydes and shoulders do ake without any occasion, the patient gapeth often, also there both happen much walkinge, suffocattions or lacke of breath, thirst after sleepe, the mynd is vexed with heauntes, also the breast & armes are very cold, and the handes do tremble.

Agaynst these thinges, this remedy may be provided. After a moderate supper assaye to vomite without any medicine, vomite is also profitable, which meate doth followe. See that in such wyse will vomit, let him cate hastily smal radish rotes, towmberles, roket, senap, or purslane, and drynke after it a great quanty of warme water, & prouoke hymselfe to vomit.

He that setteth litle by the sayd tokens, let him feare these sickeneses following, the pleurisye, the sicknes of h lungs, melancholy or madnes, sharp feuers, the lchargy, inflammaton with peryng.

If any sicknes be toward the belly, they may be espyed by these tokens, the bellie is fyrste wrapped togeather, and in it selfe is troubled, all meates and drynkes do seeme bitter in taste, hee feleth heauntes in his knees, a stiffness in his loynes, a wearines in all his bodye, without

## The fourth booke.

any occasion, a sleepines in his legges, with a little feuer: when thou feelest these tokens, mollify the Belly, not with medicine, but with good order of diet, for it is best and most sure, to vse those thinges, whereof lightly may ensue none annoyance, in the number of them are beetes boyled in water of honny, Garlicke sodden, Malowes, Rozell, Mercury, and al thinges conduite in honny. All these do expell the ordure of the Belly: but if any of the sayd signes, doe moze and moze increase, the licour wherein the seede of Carthamus called also Cucus is boyled, is a pleasant sure metecine, smal colicworthes boyled in a good quantity of water, the licoure thereof in measure two pintes, sauing the third part of a pint with honny and salt being dronken, shall profit much. Cicer and the pulle called in latine Eruum in englishe (I suppose) chittes in water, drunk fasting hath the same effect. To the which set little by the sayd tokens, these diseases do suddenly happen. Fluxe of the belly, bloody fluxe, shippenes of the bowels, paynes in the guttes, ach in the backebones, the feuer tertian, the gout, the apoplexy or palsey in the face, Hemorrhoides, aking of toynes.

When the bladder is towarde any sickness, it is perceiued by these tokens, fullnesse felt after little meate, breaking wynd downward and backward, palenes of colour in all the body, heauy or troublous sleepes, the vyrg pale and passing forth paynfully. swelling about the coddes, and ynter members. When these tokens appeare, the it is expedient to haue remebye of ooniferous thinges,



## The fourth booke.

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things, which doe expell vyne, which shall bee done without any perill, with the rootes of fenell and perselye steeped one or twoo dayes in good whyte wine, and to drinke thereof fasting euery morning thre ounces and two drams, with the water of wilde Carrets or Elecampane, which of these is next at hande, euerye of them haue like effect. Also water wherein the peason called in latine Ciceres are steeped, being drunke wpth wyne is lyke commodious to he that neglecteth the said tokens, let him loke for these sicknesses following, the dropse, the greatnes of the Splene, grief in the liuer, the stone, ach of þ back, or paines in the raynes, the difficulty of vyne, fulnes of the belly. In al these things that we haue spoken of, we shall geue to children most easy medecines, to men those that be stronger in woorking. This diet of Diocles although at this tyme it seemeth not most pleasaunt, nor according to the practise nowe vsed, yet being tempred with that which I haue before remembred, some thing may be found in it, which being experienced, may be as commodious for the health of mans body, as the diet which is more curious or pleasaunt.

Of them in vvhose stomacke meate  
is corrupted. Cap. 12.

**T**hey in whom customabyle meate is corrupted, let them afore that they eate anye meate, assay to vomit, drynking sweete wyne, absterne drynking sweete wine, absteyne from meates that ingender botches, inflammation, and fumes ruc-

¶ 1111.

tuations

## The fourth booke.

evasions of vapors, and take such as nourish good iuyce, and chose them out which doe mol-  
lifie the belly, and at sundry times take them. It  
is also good to take temperately that which loos-  
eth the belly, as the medecine called *Pitra*, and  
to abstayne from such thinges whereby ill iuyce  
is gathered, and do ingender sickenneses, hard to  
be cured or neuer, as gouts, bone-ache, pynne of  
the raynes. &c.

### Of the vertue of meates. Cap. 13.

**H**E that is studious about the conseruation  
of health: he needeth to knowe the vertue of  
meates. The meat which hath vertue to extenu-  
ate, or make humors subtil, it openeth the pores,  
and byngeth forth that which is fast in the flesh,  
it maketh that which is clammy subtil, and  
doth extenuate or relent that which is fat, it byn-  
geth forth that which abideth long in the belly,  
but that which is eaten, is a superfluitie, watery,  
and cholericke, and at length maketh melanco-  
licke bloude: wherefore much vsing of them is  
prohibited, specially to them that are cholericke,  
and onely serueth for them that are replete with  
fleame, crude or vndigested humours, clammy or  
fat. The diet of fasting thynges, doth nourish  
aboundantly, so that the stomacke and liuer doe  
digest well, meate of good iuyce maketh good  
bloud, but yet it stoppeth the Liuer and spleene.  
These do they, which make fat humours onely,  
as the Pulse called *Lenticula*, and they that are  
clumpe

## The fourth booke.

Slime like malowes, some do make hot humors  
and be also slime, as fishes with hard shelles. Fi-  
nally the diet which doth extenuate & make lean,  
is more sure for keeping of health, then þ which  
fatteneth much. Nourishing meates woulde bee  
therefore moderately vsed, when a man percei-  
ueth himselfe to haue neede thereof, it may bee  
most surely vsed of them that be exercised tempe-  
rately and can sleepe when they list. They that can  
not sleepe by reason of exercise, let them eschewe  
fattening meates, let none idle parson attempt to  
vse them. In the preservation of health, Auga-  
rardy is the greatest mischiefe. Like as tempe-  
rate mouing is good, so is the meate which be-  
tweene thicke and thinne, into mans health most  
conuenient, which engendreth bloud, according to  
the competent constitutiõ of mans body, & ther-  
fore it is to bee chiefly bidden. Meate of ill tyme  
is alway noysfull, wherefore it ought to bee es-  
chewed. Likewise the varietie of meates is to be  
observed diligently, for it is a greate thing  
to couple well together, thinges of  
contrary vertues, for if they  
be not wel digested, that  
which is receiued  
may bring dis-  
pleasure.



## The fourth booke.

A Diet preseruatine in the time of  
pestilence. Cap. 14.

**T**he bodpes most apt to bee infected, are spe-  
cially sanguine, next cholericke, then flegme-  
tick, last melancholick, for in them the humour  
being cold and dry, is most vnapt to receiue pos-  
tiffaciū, hauing also strait passages by which  
venim must passe. The diet conuenient for that  
sore, is to abscapne from meates inflaming and  
opening the pores, also from heat of the sunne,  
from too much heat of fire, of garments, from e-  
uery hoat hearbe, and much vse of tartre thinges,  
except Onions and Cicory, or radish with vine-  
ger, for they doe resist against venim, from wine  
very furiuſh, exercise incontinent after meales,  
from sweating, from all thinges that will cause  
oppilation, and putrifaction, from thinges hoat  
and moist, where moysture hath the dominion  
in a degree, specially being not sufficiently boy-  
led, also from milke, except it be in a little quan-  
tity, and that with a little Sugar. Fruttes and  
Herbes cold and dry, and therewith soure or  
somewhat bitter, are not prohibited. If ye  
eate figges, grapes, or sweete cherries, eate after  
them of an Ozenge with salt. If ye eate thinges  
colde and moist, as Cucumbers, Melons, fische  
soft and freſhe, or Damſens, eate by and by af-  
ter, some Fenell and Ozenge with salt, drincking  
therewith a draught of good wine. Beware of  
Spucheromes, much purllant, Gourbes and all  
other thinges, which will soone putrifie : not  
with.

## The fourth booke.

withstanding, I will not forbid eating of lettuce  
with a few mintes, or mixt with Cinnamon. All  
things sowre are commended as well in diere con-  
seruatiue, as in that which is curatiue or helpe,  
except where there is straitnes of the breast, or  
weakenes of the stomacke, then ought they to be  
tempered with sugar, salte, almond milke, cinna-  
mom, pepper, fenel, saffron, egges and some thing  
that is fat and vncuous. Capers are good to be  
bled with viniger. Cheese berpe fat and salte  
is not commended, no more is colewortes of any  
kind of pulse, except chittes, great peason, rapes,  
nor spinach is good. Also there be forbidden ro-  
hat and mustard, much wine & egges, except they  
bee eaten with foxell sause, viniger, or iuyce of  
Oranges, parsely, and parsnips be good. Newe  
wines be noyfull, let the meate be somewhat more  
then drinke, but yet sufficeyn not to much hunger,  
nor thirst, beware of lechery, of cloudy weather  
and cloffe, eschew much reioyt or throng of peo-  
ple, windes coming from fannes or moyes, frowne  
sleepe at none, vse with your meate this powder,  
sanders redde halfe an ounce, Cinnamon  
three drammes and a halfe, saffron halfe a  
dramme. After your meate eat a litle of coyt-  
ander seede well prepared. In the morning at  
a temperate fire, kembe your head backward,  
clemie your body and head of all superfluityes,  
vse also moderate fricasses with sweete per-  
fumes and odours, washe often tymes your face  
and handes with pure viniger mixt with rose  
water. In colde weather mixe it with mintes,

Waul

## The fourth booke.

baulme, Rue, or Myrtes, and sometyne with  
cloues: in hoat Sommer with roses or violets.  
Aboue all thinges vse to make whyte wyne, good  
whitte viniger roset, water of roses, in equall  
portions, put thereunto a little setuall, or of the  
rynd of a Cytron, and drynke thereof a little, and  
ofentymes wash therewith your handes, and  
visage. And decies preseruatiue agaynst the pe-  
stilence, which be alway most ready, are these, a  
figge with rue, and a walnut eaten fasting, also  
triacle, or mythydate, to old men a dram weight,  
to young men half a dramme, or a scruple dissol-  
ued in vinigar and rose water, or in water of toz-  
merrill, scabiose, or baulme, if the plague bee in  
Sommer: if it be in Winter, put to the waters  
some whyte wyne. Also the pyles called common-  
lye *Pilulae rasis* (but in deede they were inuen-  
ted by rufus) are very excellent, specially if the  
aloe, which is in it be washed, and thereunto ad-  
ed a litle *Bolus amarus* & *Terra sagillata*. And if  
the person be of hoat complexiō, a quantity of so-  
reil seede, and red corall, this confectioned with  
syrope of cytrons in cold complexions, or to olde  
men with whyte wyne, vse them euery thyrd day,  
one pill at a tyme, thre hours or foure afore din-  
ner or supper. If yee take triacle or mythydate,  
abstayne from meate at the least sixe houres af-  
ter. A peece of the roote of a setuall, bozne in the  
mouth, preserueth from infection. In Lepheuse  
both sozeil chewed fasting, and the myce sucked  
downe. To pooze men, Marcilius was wonte  
to geue a toaste of bycade steeped in Viniger,  
with



## The fourth booke.

wyth a piece of an Onion, or Ben. All thinges which be cordiall, that is to say, which do in any wyse comfort the hart, doe resist pestilence, vehement anger, or heavines be very pernicious.

Other more exquisite and costly preservations, I purpose to passe over, which Marcilius and other phisitions doe wyte so abundantly, for as much as I desire to be in this worke compendious. One thing I had almost forgotte, that there is no better preservative, then to flee from & place corrupted by me and far of, and to let none approach you, that hath made theyr abode where the plague is feruent. Doe never receive not into your house any stulle, that cometh out of a house where in any person hath bene infected.

For it hath bene sens, that such stulle lying in a coffer for by the space of two yeares, after that the coffer hath bin opened, they which have stode nigh to it have bene infected, and some after have dyed. But here I alway except the power of God, which is wonderful, and also mercifull, above mans reason, or counsaile, preserving or striking whom, when, and where it shal like his maiesty: to whom bee glory and praise everlasting. Amen.

Thus make I an end of this treatise, desiring them that shall take profite thereby, to defend it agaynste enuyous disdayne, on whom I have set the adventure for the love that I beare to my countrie, requiring al honest phisitions to remember, that the intent of my labour was, that men and women reading this worke, and observing

Studying the counsailes therein, shoulde adoyne  
therby theyr bodies to receiue more sure reme-  
dy, by the medicines prepared by good Physiti-  
ons in dangerous sicknesses, they keeping good  
hart and enforcing diligently the same physiti-  
ons of the manner of their affects, passions, and  
sensible tokens. And so shall the noble and most  
necessary science of physicks, with the ministers  
therof, escape the slander which they haue of long  
tyme suffered, and according to the precepte of  
the wise man be worthily honoured, forasmuch  
as the highest God, did create the Physition for  
mans necessity; and of the earth created  
medicine, and the wise man shall not  
abhorre it. Thus fare ye well.  
His readers, and forget mee  
not to your good report,  
I pray to god I be  
neuer worse oc-  
cupied.

FINIS.



